

Study Guide

Quick and Yeast Breads

Directions: Read chapter 43, and answer the following questions. Later, you can use this study guide to review.

1. Define quick breads. Explain why they are called “quick.”

2. What happens to muffins if you overmix them?

3. Define kneading.

4. Describe the appearance of biscuits after they have been baked.

5. Name the five basic categories of yeast bread.

6. Name the five steps involved in making yeast bread.

7. Liquid and fat should be at what temperature when using the quick-mix method?

Chapter 43 Study Guide (continued)

8. Describe how to “punch down” yeast dough.

9. What is oven spring?

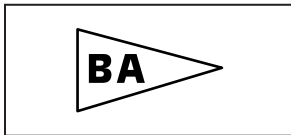
10. Why should yeast bread be cooled away from drafts?

Activity 1

Quick and Yeast Breads

Quick Bread Alert

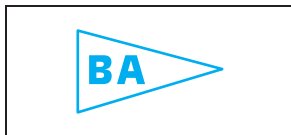
Directions: Read the situations involving preparation of quick breads. For each situation that shows an incorrect procedure or outcome, draw a “Bread Alert” flag in the box and explain the problem in the space provided. If the procedure or outcome is correct, leave the box blank. The first situation has already been done for you.



1. Ina’s muffin batter contained lots of floury spots as she spooned it into the baking cups.



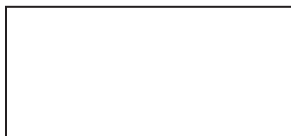
2. Mary’s muffin batter was somewhat lumpy.



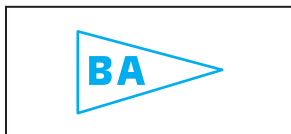
3. Sharon substituted 1½ cups bran for 1½ cups flour to add fiber to her muffins.



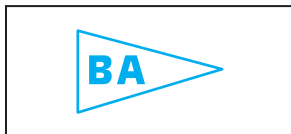
4. Mike sifted together the dry ingredients for muffins.



5. The top of the loaf of banana bread cracked during baking.



6. Stu filled the muffin cups ¾ full.



7. Lori spooned the cranberry bread batter into the ungreased loaf pan.

Activity 2

Biscuit Basics

Directions: With your team, prepare the *Buttermilk Biscuits* recipe below. After baking your biscuits, complete the evaluation at the bottom of the page. Rate your biscuits as excellent, good, or poor.

Buttermilk Biscuits

Ingredients

- | | |
|----------------------------|--------------------|
| ½ cup Vegetable shortening | 1 Tbsp. Sugar |
| 2¼ cups Flour | ½ tsp. Salt |
| 2½ tsp. Baking powder | 1¼ cups Buttermilk |
| ½ tsp. Baking soda | |

Directions

1. Preheat oven to 425°F. Grease a baking sheet. Wrap shortening with wax paper and place in freezer.
2. Tear off two pieces of wax paper about 12 inches long. Sift flour, baking powder, baking soda, sugar, and salt onto one sheet of wax paper. Place empty sifter on the other sheet. Sift mixture back and forth four more times and into a large mixing bowl at the end.
3. Cut shortening from freezer into small pieces, and scatter over dry ingredients. With fingertips, lightly rub shortening and flour together. Occasionally toss mixture so all particles of shortening are coated with flour. When mixture is flour-covered, begin adding buttermilk. Use a fork to lightly mix the dry ingredients.
4. Cover work surface with dusting of flour. Gather up sticky dough, and place on floured surface. Dust your hands with flour and knead the dough gently, adding only enough flour to make it manageable.
5. With a floured rolling pin, roll the dough into a disk ½-inch thick. Using a 2-inch biscuit cutter, cut out biscuits and place them on baking sheet. Bake for 12 minutes or until golden.

Biscuit Characteristics	Excellent	Good	Poor
Biscuits are double in size after baking.			
Biscuits have straight, cream-colored sides.			
Biscuits have golden brown tops.			
Biscuits have a flaky texture without a bitter aftertaste.			

Activity 3**Quick and Yeast Breads****Yeast Breads**

Directions: Read the following statements about steps in making yeast breads. Check “Yes” for statements that are correct; check “No” for those that are not correct. Use the space provided to explain why the “No” statements are incorrect.

YES NO

- | | | | |
|-------|-------|--|--|
| _____ | _____ | 1. The microwave oven is useful in several steps of yeast bread making. | |
| _____ | _____ | 2. The only way to knead yeast dough is with your hands. | |
| _____ | _____ | 3. Yeast bread contains baking powder. | |
| _____ | _____ | 4. Salt in yeast bread controls the action of the yeast. | |
| _____ | _____ | 5. Bread flour is the only suitable flour for making yeast bread. | |
| _____ | _____ | 6. Ingredients for yeast bread should be at room temperature. | |
| _____ | _____ | 7. Very hot liquids are necessary to activate yeast. | |
| _____ | _____ | 8. Knead yeast dough until it becomes a smooth, dull ball. | |
| _____ | _____ | 9. Adding too much extra flour to yeast dough will make the bread tough. | |
| _____ | _____ | 10. Some types of flour absorb more liquid than others. | |

(Continued on next page)

Chapter 43 Activity 3 (continued)

YES **NO**

_____ _____ 11. Something is wrong with your yeast dough if air bubbles form while you knead it.

_____ _____ 12. Allow yeast dough to rise in a lightly greased bowl.

_____ _____ 13. Do not cover the dough while it is rising.

_____ _____ 14. Letting the yeast dough rise allows yeast colonies to multiply and flavors to develop.

_____ _____ 15. If dough is ready for shaping, it will spring back when touched.

_____ _____ 16. Yeast dough should never be refrigerated before you shape it.

_____ _____ 17. Yeast loaves cut more easily just after they are removed from the pans.

_____ _____ 18. The inside texture of the bread is grainy and inconsistently coarse throughout.

