

**Advanced Yeast Products Worksheet**

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Answer the following questions using the *Professional Cooking and Professional Baking* as resources.

**Part 1: Ingredients**

1. What is gluten?
2. List 2 functions of gluten in baked goods.
3. Why must a baker be able to control gluten?
4. How does the baker control gluten?
5. What happens to the gluten during the fermentation process?
6. What is shortening? How does it tenderize baking?
7. What is yeast?

8. Describe each of the following ingredients as they relate to the preparation of yeast products.

1. Bread flour
2. Cake flour
3. Whole wheat flour
4. Rye flour
5. Regular shortening
6. Sugars
7. Eggs
8. Active dry yeast
9. Quick Rise yeast
10. Salt

**Part 2: Preparation**

9. Why is the amount of liquid and the amount of mixing in a recipe critical to the tenderness of the product?

10. What are the three main purposes of mixing yeast dough's?

11. What is the difference between the straight dough method and the sponge method of mixing?

12. How is the straight dough method sometimes modified for sweet dough's? Why is it necessary?

13. What are the 12 steps in yeast dough production? Explain each briefly.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

14. Define fermentation.

15. Describe the 3 step procedure for fermentation.

1.

2.

3.

16. What is the indicator to tell us that fermentation is complete?

### **Part 3: Equipment**

17. Define proofing.

18. If a proof box is not available, how can you make your own?

**Part 4: Standards**

19. If bread has poor volume, what are 5 possible causes?

- 1.
- 2.
- 3.
- 4.
- 5.

20. If the crust of bread is too dark, what are 3 possible causes?

- 1.
- 2.
- 3.

21. **List** and **define** the 3 categories that yeast products are organized into. Give 1 example of each product.

1.

i. Definition:

ii. Example:

2.

i. Definition:

ii. Example:

3.

i. Definition:

ii. Example:

22. Describe the characteristics for the “**perfect**” loaf of bread.