

# Foods 30 Bread Review

## 1. Ingredients and Function

- a. Flour: Bread flour is high gluten=lots **protein** (stretch & elasticity). Pastry flour is low gluten not great for bread...why? What would happen?
- b. Fat: Tenderizes gluten and adds richness to bread products & coats gluten
- c. Yeast: A microscopic, unicellular fungus that needs a warm, moist environment to grow. Sugar is the food for yeast. Water hydrates the yeast, no water=the yeast stays dormant
  - i. Types of Yeast:
    1. Active Dry: needs to be hydrated before adding it to flour. Takes time to rise.
    2. Instant: doesn't need to be hydrated before adding it to flour. Takes less time to rise than active dry.
- d. Eggs: Adds richness to the product and adds flavor and structure
- e. Salt: Slows the action of yeast & enhances flavor
- f. Sugar: Adds sweetness and browning and food for the yeast to grow
- g. Liquid: Activates the yeast & the gluten. Sources include water, milk & potato water

## 2. TYPES OF YEAST PRODUCTS

- a. Lean: low in fat and sugar, white bread, rolls and whole grain breads
- b. Rich: high in fat, eggs and sugar, brioche and dinner rolls.
- c. Rolled-In: rich dough that has fat incorporated into layers. Croissants or Danishes.

## 3. Keys to success

- a. Liquids: must be very warm (110F to be exact) this activates yeast
- b. Flour: high gluten bread flour is best. Don't add all the flour, go by feel. Too much flour makes the dough tough and prevents yeast from fully rising.
- c. Rising: warm, humid environment, cover with plastic wrap/damp towel to prevent crust from forming (this prevents a full rise). Warm oven is a great environment.
- d. Kneading: develops gluten. How do you do it?

## 4. Mixing Techniques

- a. Mixing develops gluten, distributes yeast and combines ingredients.
- b. Straight Dough Method: mix all together
- c. Sponge Method: combine liquid, yeast and some flour, let rise, add remaining flour.

## 5. Bread Making Terms

- a. Proof Box: closed area that is warm and humid. How did we make one in class?
- b. Wheat Anatomy: endosperm, bran and germ. Know each component & it's function in bread
- c. Soft & Tacky: term used to describe dough. Soft meaning you can easily make an indentation in the dough and tacky meaning it is slightly sticky.
- d. Fermentation: yeast acting on sugar & starches to produce carbon dioxide and alcohol
- e. Doubled: the yeast has proofed and the dough is double the size. A finger indentation will remain in the dough if it has doubled in size.
- f. What other important factors are involved in preparing great bread?
- g. What other bread terms are important to know? Shaping, scaling etc.?

## 6. Other Information

- a. Nutritional value in bread?
- b. Why is it a staple food for all cultures across the globe? Give examples of 3 cultural uses of bread.
- c. What does the perfect loaf of bread look like, inside and out?