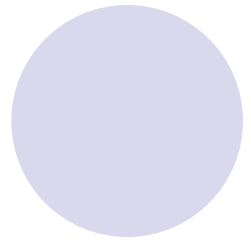
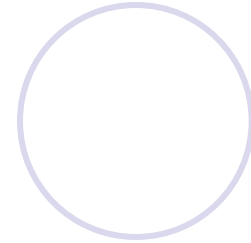
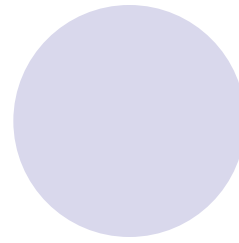
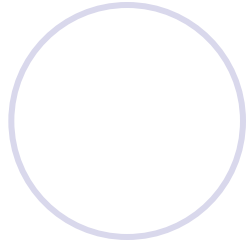
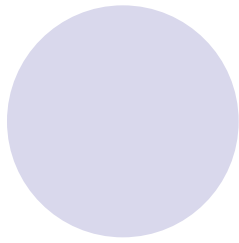


Yeast Bread





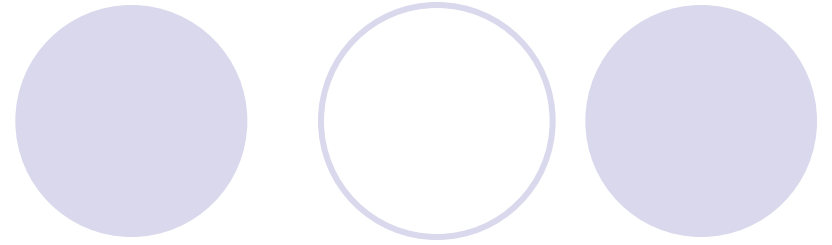
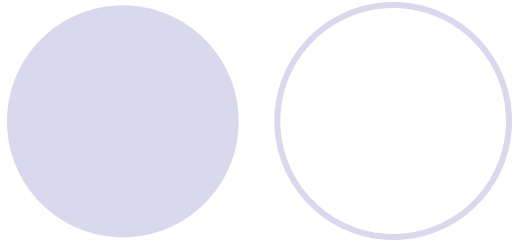
1. What are the three classes of yeast breads?

- a. **Rolls**
- b. **Loafs**
- c. **Doughnuts**





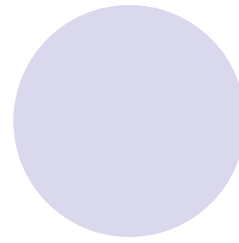
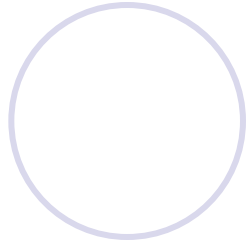
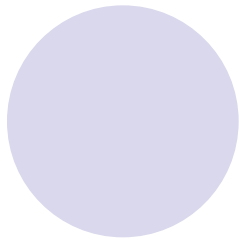
2. What are the main ingredients in yeast bread and their functions.
 - a. **flour – main ingredient, structure**
 - b. **liquid – provides moisture**
 - c. **salt – flavor, controls rate of yeast growth**
 - d. **yeast – leavening agent**
 - e. **fat - tenderness**
 - f. **sugar – sweetness, food for yeast, browning**



3. What is gluten?

Protein part of flour, when mixed with a liquid, kneaded and developed sufficiently, gives the dough its framework and structure. The amount is different in each type of bread.



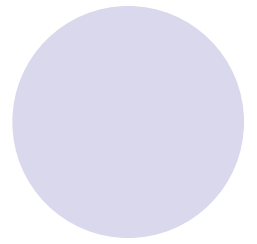
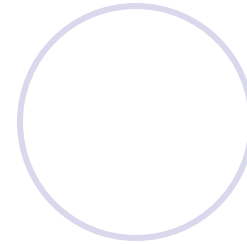
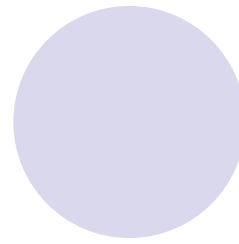
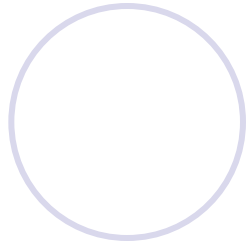
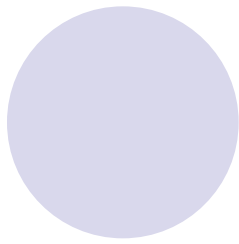


4. What is the difference between quick and yeast breads?

Quick breads – quick and easy to prepare, use baking powder or soda as leavening agent.

Yeast breads – uses yeast, longer to prepare.





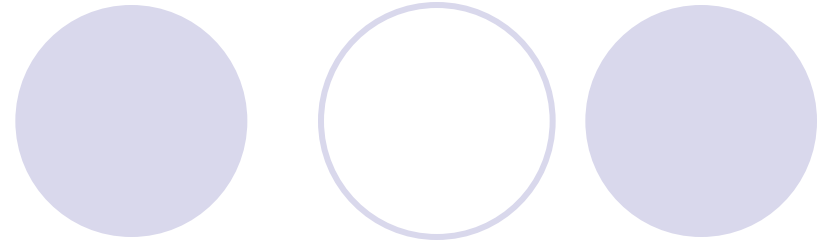
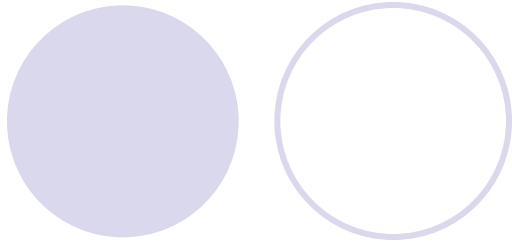
5. What are the nutritional contributions of yeast breads?

Carbohydrates, fat, thiamin, iron

Niacin, calcium, riboflavin,

vitamin A, protein





6. What is yeast?

Living microorganism – needs food, warmth and moisture in order to grow

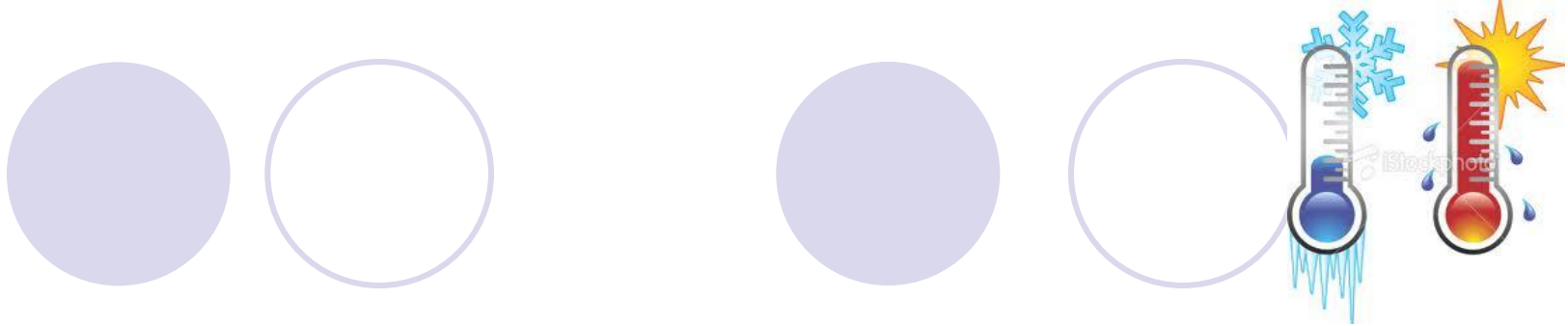
Fermentation is the production of Carbon Dioxide.

7. What three things are needed for yeast to grow?

a. food (sugar)

b. warmth

c. moisture



8. How does the temperature of water affect the growth of yeast?

Hot – kills the yeast, unleavened bread

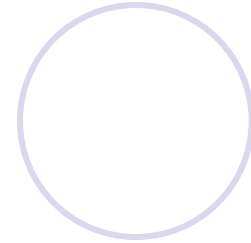
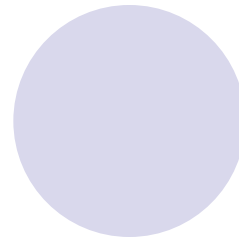
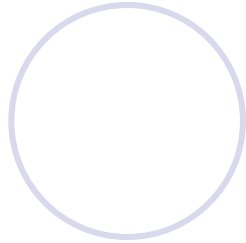
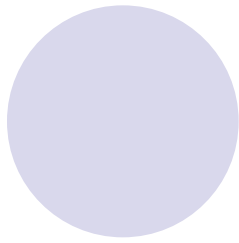
Cold – retards the growth, slows it down

9. What is Fermentation and when does it take place?

When the yeast reacts with the sugar and liquid to produce carbon dioxide and foam.

10. Why do you need to be careful when adding the yeast to the dough?

If other ingredients are too hot when adding yeast, the yeast could be killed causing the bread to not rise.



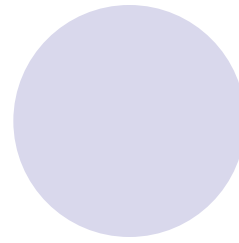
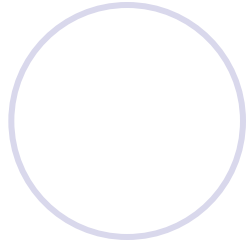
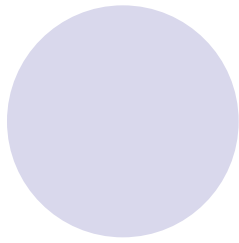
11. How do you know your milk is scalded?

Bubbles form around the outer edge. Feel a scum on the bottom of a pan with a spoon.

12. What does scalding the milk do? What can you use in place of scalded milk in a recipe?

It inactivates the enzymes so the dough is easier to handle and not as sticky. Use evaporated milk and water.



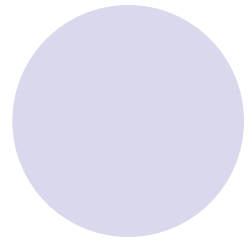
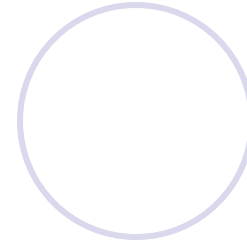
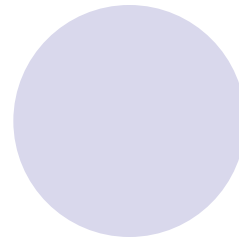
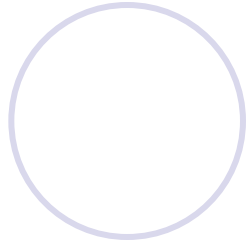
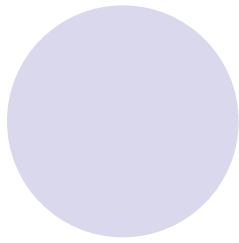


13. What is the ripe test?

When the dough has doubled in volume, put your two fingers in the middle of the dough; if your imprint remains, the dough is ready to shape

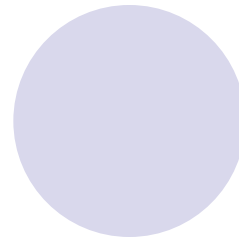
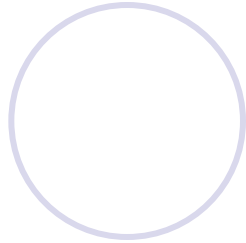
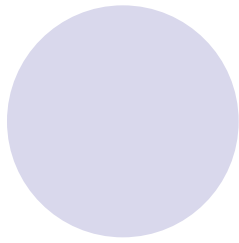
14. How are refrigerator dough and regular roll dough different?

Refrigerator dough has more sugar and yeast in recipe so it will stay good in the refrigerator 4 – 5 days



14. How do you prepare the basic shapes of dinner rolls?

- **orange/cinnamon** **roll out, put on filling, roll in jelly roll, cut**
- **cloverleaf** **3 little balls in muffin tin**
- **jiffy cloverleaf** **1 ball of dough, cut in 1/4 with scissors**
- **butterflake** **cut in strips, butter, cut, place 5 – 6 in muffin tin side by side**
- **fantan** **oblong roll, cut 3/4 down 5 – 6 times**
- **bowknots** **roll dough in strips, tie knot**
- **rosettes** **same as bowknots, tuck ends under**
- **parkerhouse** **circles, indent with knife, fold in half**
- **butterhorn** **cut in triangle, roll up, ends straight**
- **crescent** **cut in triangle, roll up, turn ends in**
- **(Refer to cookbook)**



15. How do you place your rolls on a cookie sheet if you want soft sides?

Place them close together on cookie sheet

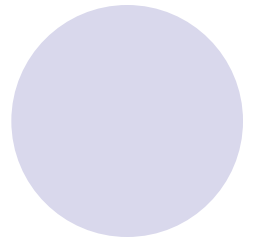
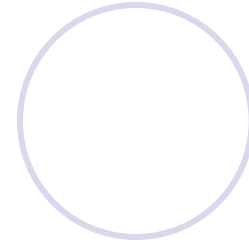
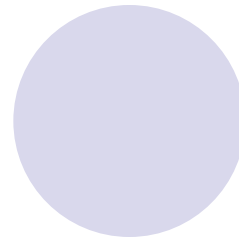
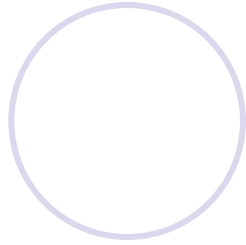
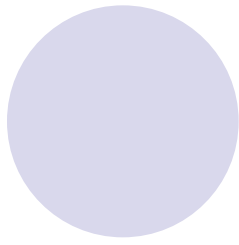
Crusty sides?

Place them far apart on cookie sheet



16. How do you know when your rolls are done?

By their color, light golden brown



17. How do you shape a loaf of bread?

Roll out in a rectangle to remove air bubbles

Roll up in jelly roll

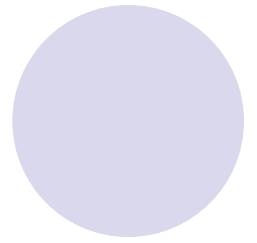
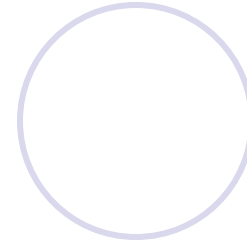
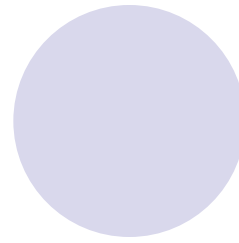
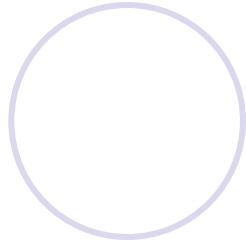
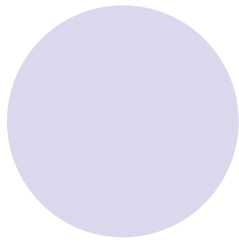
Pinch seam together

Push in insides

Karate chop and, tuck underneath

Place in bread pan seam side down





18. How do you know when the loaf of bread is ready to bake?



The dough has risen ½-inch over top of bread pan. Ripe test on end

19. Where is the bread placed in the oven?

Center of oven



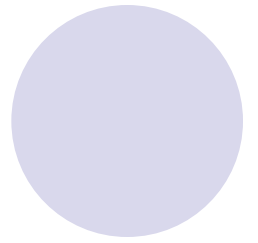
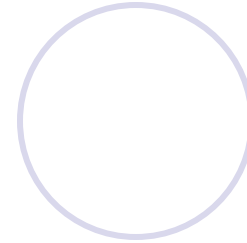
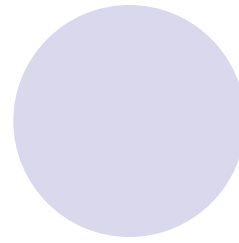
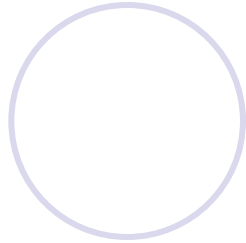
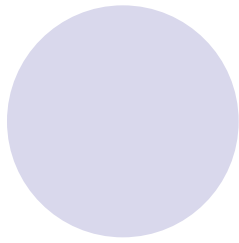


20. How do you tell if the bread is baked thoroughly?

Tap it lightly with hand. If it sounds hollow, it is done

21. What do you do with the bread after it is baked and it comes out of the oven?

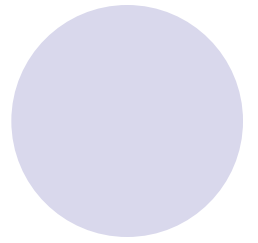
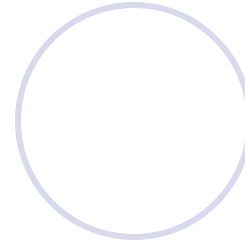
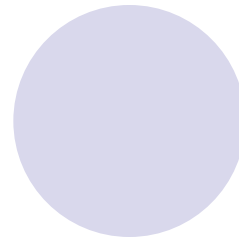
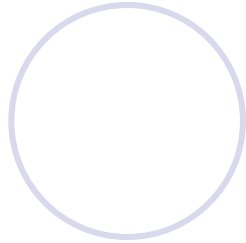
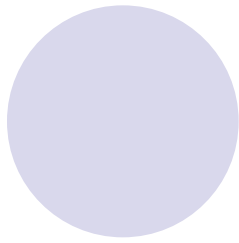
Immediately remove the bread from the pan so it doesn't sweat and become soggy



22. What bread products can be made from yeast dough?

Scones, doughnuts, bread sticks, pizza, rolls, fry bread, bread, etc.





23. Why is wheat and grain products known as the “Staff of Life”?

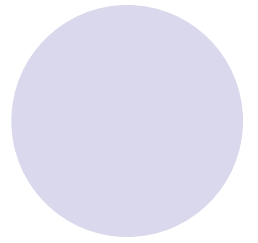
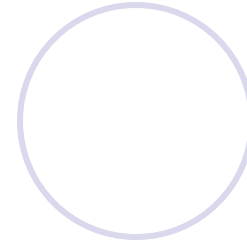
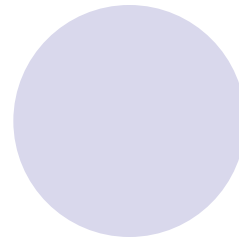
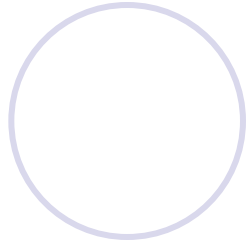
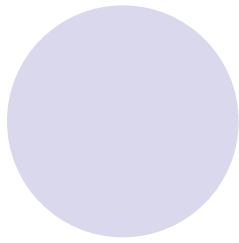
It should be our base for diet. Breads have been around forever. Eating grains is a healthier diet – contributes nutrients to meet daily needs.



24. How do you store yeast breads?

Covered container or bread box to prevent drying and loss of freshness. Refrigeration – retards spoilage by mold. Freeze.

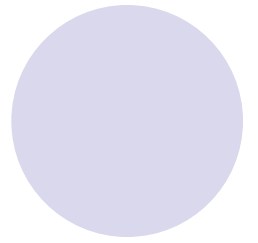
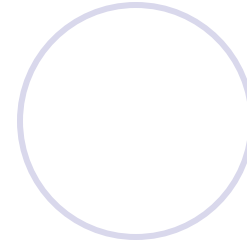
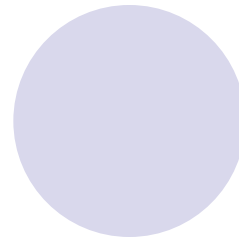
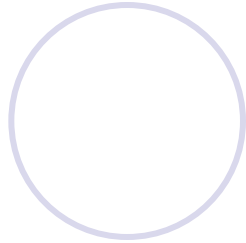
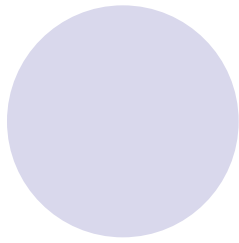




25. What is proofing?

The process by which carbon dioxide is produced in a yeast dough and the dough rises to double its original size.





- 26. What is oven spring?
- This is the rising/sudden increase of volume of a dough during the first 10-12 minutes of baking. This is due to the increased rate of fermentation and expansion of gases.

