

## Quick Bread Study Sheet

Reference: Lecture

World of Food, Chapter 24

Food for Today, Chapter 21.2

Name \_\_\_\_\_

Test date \_\_\_\_\_

1. Why are “quick breads” called “quick breads”?

*They are fast and easy to prepare. They use baking powder or baking soda as their leavening agent.*

2. “Quick breads” are of two types—doughs and batters. What are two examples of each type?

### Doughs

1. *soft dough*
2. *stiff dough*

### Batters

1. *pour batter*
2. *drop batter*

3. List some examples of “quick breads”.

*Pancakes, waffles, muffins, biscuits, coffee cake, nut breads, etc.*

4. What are the five main ingredients and their functions in “quick breads”? Also name the other \*two ingredients and their function that are in some “quick breads”.

### Ingredients

1. *flour*
2. *salt*
3. *fat*
4. *leavening agent*
5. *liquid*
- \*6. *eggs*
- \*7. *sugar*

### Function

*main ingredient, structure*  
*flavor*  
*tenderness*  
*rise*  
*moisture, hold together*  
*flavor, nutrients, richness, color*  
*flavor, sweetness*

5. What are the leavening agents generally used in “quick breads”?

*Baking powder, baking soda, egg whites and steam*

6. What is its purpose?

*To provide air, steam, or gas to help products rise. Baked product less compact and gives a softer texture.*

7. Describe the steps to the “biscuit method”.

*Sift dry ingredients*

*Measure and cut in fat*

*Make a well*

*Measure and add liquid ingredients*

*Stir with a fork to form a ball*

*Knead*

*Roll out*

*Cut*

*Bake on ungreased cookie sheet*

8. Describe the steps to the “muffin method”.

*Sift dry ingredients*

*Make a well*

*Measure and add liquid ingredients*

*Stir with a fork until just moistened*

*Drop into greased muffin cup*

*Bake*

9. How do the two methods differ?

*Muffin method for muffins*

*Biscuit method for biscuits*

10. What happens if you over mix muffin batter?

*They will have peaks on the tops and be tough and heavy. The inside will have long narrow tunnels.*

How do you tell if pancakes are ready to be turned on the other side while cooking?

*The bubbles will pop. Steam has gone through to cook the insides. Turn over, cook the other side.*

12. What happens if you open the waffle iron before the waffle is completely baked?

*The waffle will separate into two pieces*

13. How do you know if the waffles are done baking if the light is not reliable on the waffle iron?

*No more steam coming from waffle iron*

14. Why do you stiffly beat the egg whites and fold them into the waffle batter?

*They act as a leavening agent, making waffles light.*

15. What nutrients are found in “quick breads”?

*Carbohydrates, fat, B Vitamins, Iron, protein, fiber depending on recipe*

16. What is gluten and what does it do in “quick breads”?

*Protein part of flour, when mixed with a liquid and needed sufficiently – gives dough its framework and structure.*

17. “Quick breads” belong to the \_\_\_\_ *Bread, cereal, grain* \_\_\_\_ group in the Food Pyramid.

Terms to know:

gluten – *Water is mixed with flour and formed from the protein of the flour*

leavening agent – *Enables quick breads to rise to become light and porous*

knead – *To distribute ingredients more evenly, flakiness develops – to develop gluten*

cut in – *To distribute fat and flour into coarse crumb using a pastry blender or 2 knives*

batter – *Mixture of flour and liquid*

dough – *Mixture with less liquid than a batter*

carbon dioxide – *The soda of the baking powder will react with the acid ingredients it contains to form carbon dioxide a harmless gas which causes the dough to rise when heated.*