

Yeast Bread Study Sheet

Lecture:

Test Date _____

**Text books: World of Food, Chapter 25
Food for Today, Chapter 21.3**

1. What are the three classes of yeast breads?
 - a.
 - b.
 - c.
2. What are the main ingredients in yeast bread and their functions.
 - a.
 - b.
 - c.
 - d.
 - e.
 - f.
3. What is gluten?

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

5. What are the nutritional contributions of yeast breads?

6. What is yeast?

7. What three things are needed for yeast to grow?
 - a.
 - b.
 - c.
8. How does the temperature of water affect the growth of yeast?

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

10. How do you know your milk is scalded?

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

12. What is the ripe test?

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

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

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

Crusty sides?

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

17. How do you shape a loaf of bread?

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

19. Where is the bread placed in the oven?

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

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

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

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

24. How do you store yeast breads?

25. What are the differences between the straight-dough method, the sponge-dough method, or the batter, or "no-knead," method in mixing yeast dough?

26. What is proofing?