

## 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. **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**
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?

<b>Carbohydrates</b>	<b>fat</b>	<b>thiamin</b>	<b>iron</b>
<b>Niacin</b>	<b>calcium</b>	<b>riboflavin</b>	<b>vitamin A</b>
<b>protein</b>			
6. What is yeast?

**Living microorganism – needs food, warmth and moisture in order to grow**
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. 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.**
10. 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.**

11. 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.**

12. 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**

13. 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 1/2-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  
(answers will vary)**

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

**Straight dough – all ingredients are combined and the dough is kneaded and set aside to rise.**

**Sponge dough – yeast is combined with part of the liquid, flour and sugar to make a batter. Let rise until light and bubbly, then add remaining ingredients to make a stiff dough.**

**Batter or no-knead – all the ingredients are combined, but the dough is not kneaded.**

26. What is proofing?

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