

Quick Breads - Biscuit Method Demo

Summary

Introduce carbohydrates. An example of a carbohydrate comes from Quick Breads. Understanding the biscuit method will help you to prepare quick breads using this method.

Main Core Tie

Food And Nutrition I

[Strand 3 Standard 3](#)

Time Frame

1 class periods of 90 minutes each

Group Size

Small Groups

Materials

Handouts:

Study Sheet for Quick Breads

Quick Bread Home Assignment

Quick Bread Recipes

Lab Planning Sheet

Overhead Transparency:

Steps to Biscuit Method

Optional activities:

Introduction to Carbohydrates

Video or Filmstrip on Quick Breads.

Ingredients and equipment for Biscuit Demonstration using the Biscuits Supreme Recipe:

4 cups flour

2 tbs. baking powder

4 tsp. sugar

1 tsp. cream of tartar

1/2 tsp. salt

1 cup shortening

1 1/3 cup milk

measuring cups and spoons

2 cup liquid measuring cup

sifter

pastry blender

rubber spatula

large spoon

metal spatula

fork

large bowl

rolling pin

biscuit cutter

2 cooking sheets

spatula

oven
bread baskets
napkins
3 knives
butter on plate

Background for Teachers

This is a short unit on Quick breads. It should take five 90 minute class periods in all. The teacher will be giving two demonstrations on the biscuit method and the muffin method on two different days and the students will complete a lab during the next class period following the demonstration.

The Quick Bread Recipes will be used for the whole unit. Each day will be listed as a separate lesson plan.

Teacher will need to know about Quick Breads to give information to the students to complete their study sheet during lectures and demonstrations.

Student Prior Knowledge

Know what quick breads are and how to prepare biscuits using the biscuit method.

Intended Learning Outcomes

The students will know what quick breads are and that they belong to the Bread, Cereal, Grain Food Group on the Food Guide Pyramid which are high in Carbohydrates. They should be able to identify the difference between simple and complex carbohydrates. They will know what characteristics to look for in quick bread products, the preparation technique or methods in preparing them and the purpose of the ingredients that the recipe calls for.

Instructional Procedures

Hand out the study sheet on quick breads, Quick Bread Recipes and the home assignment for this unit.

Read and go over the Home Assignment for the student to prepare a Quick Bread at home. Assign a due date (I usually give the home assignment the first day of unit and it is due the day of the test) and refer to grading of home assignment. Student must complete the paper, signed by parent/guardian and bring a sample for credit.

Introduce new unit. The teacher will give background information about Carbohydrates. They are classified as either - Simple which give the body quick energy found in candy, cookies, jam, etc. or Complex which give the body long lasting energy found in pasta, potatoes, etc.

Quick Breads fall under this category and belong to the Bread, Cereal, Grain Food Group. That is why we are going to spend some time learning about and preparing Quick Breads.

Go over information from study sheet with students on Quick Breads: Why they are called "Quick Breads"; the two types of Quick Breads are doughs and batters with the examples of each; Food examples of Quick Breads; the main ingredients and their functions; the different leavening agents used in Quick Breads and their purpose.

Using the overhead transparency, identify the steps to the Biscuit Method.

Using a Biscuit recipe, demonstrate for the students how to prepare biscuits following the steps to the Biscuit Method. I generally double the recipe having the students tell me the doubled amount while I am preparing it for the class. By doubling the recipe, you should be able to have a biscuit for each student to sample for a class of 24.

As I am preparing the recipe, I tell them how they can alter the recipe slightly with additional ingredients and preparation techniques and prepare similar foods still using the Biscuit Method like Strawberry Shortcake, Cinnamon Rolls, Nut Biscuit Spirals and Bread Sticks.

For the lab next time, each unit will use the Biscuit Method. Instead of preparing biscuits, they will prepare a different food and share with the class.

For a class of 24 with six units - Two groups will prepare the strawberry shortcake and will share with three units.

Two groups will prepare cinnamon rolls using the biscuit recipe and share with three units.

One group will double the biscuit recipe and prepare bread sticks and share with the entire class and

one group will prepare a double recipe of the nut biscuit spirals and share with the entire class.

While the biscuits are baking, you can show them a video or filmstrip on Quick Breads if you have one available. Optional activity - Go over the Introduction to Carbohydrates worksheet.

Plan lab for next class using Lab Planning Sheet and refer to Daily Individual Sheet for identifying the responsibilities of the Cook, Assistant Cook, Manager and Chef. Review how to complete and fill out Lab Planning Sheet completely.

Assign each group a recipe and go over each of the recipes with the them. Refer to recipes for Strawberry Shortcake, Nut Biscuit Spirals and use either biscuit recipe for cinnamon rolls and bread sticks.

For the cinnamon rolls - roll out the dough, spread with melted butter, sprinkle with brown sugar, white sugar, nuts and raisin are optional. Roll up in a jelly roll, Pinch the seam, Either cut with knife or use a string and put the rolls on a cookie sheet to bake. Can make a glaze with 2 cups powdered sugar, 1 tsp. vanilla and milk or water to desired consistency. Spread on top of cinnamon rolls when they come out of the oven.

For the Bread Sticks - roll the dough out, spread with melted butter, top with favorite seasonings - parmesan cheese, salad supreme, garlic, etc. cut into strips and bake on cookie sheet.

Clean up while the students are planning lab. When the unit turns in their lab planning sheet, they can sample one of the biscuits when they come out of the oven.

Bibliography

Quick Bread Recipes were originally taken from the New Cook Book by Better Homes and Garden.

Authors

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