

Quick Bread Notes

Quick Breads are...

- _____ products that can be prepared in a _____ amount of time....usually under _____ minutes
- Prepared with _____ leavening agents instead of _____, therefore they do not need to _____

Two Categories...

#1: B _____: A mixture of _____ and _____

Pour

- Consistency:
- Examples:

Drop

- Consistency:
- Examples:

#2: D _____: _____ mixture has less _____ and is

- Consistency:
- Examples:

Common Leavening Agents...

- B _____
- B _____ mixed with an acid such as:
- This forms C _____ D _____

Gluten...

- Occurs when _____ is mixed with _____, gluten (protein) is formed to give _____ and _____ to dough.
- Explain the gluten and bubble gum analogy in your own words:

Muffin Mixing Method—Steps

Muffin Mixing Outcomes

#1: Perfect Muffin: Describe & Draw

#2: Under-mixed Muffin: Describe & Draw

#3: Over-mixed Muffin: Describe & Draw

Biscuit Method-Steps (underline the most important steps)

Describe the Perfect Biscuit:

Storing Quick Breads:

Create Your Own Quick Bread

Go to the Find Cooking Website using the provided link and create your own quick bread recipe. <http://www.finecooking.com/articles/cyor/quickbread.aspx>

Email yourself the recipe and then open the recipe in Google Docs and complete the following:

- Give your new recipe an original, creative name
- Create a nutrition label using this website and screen shot it or copy/paste it into your Google Doc: https://www.caloriecount.com/cc/recipe_analysis.php
- Practice increasing and decreasing the ingredient amounts. Show me the halved and doubled amounts along with the original
- Turn in via Google Classroom when you're finished.

Share your recipe with your lab group and as a group decide which of the newly created quick breads will be prepared in the lab. Email me a copy of the selected recipe so I can shop for the ingredients.