



Quick Bread Quest

Directions: Use reliable internet sources to research the answers to the below prompts unless links are provided for you. Please answer in your own words and do not just copy and paste.

1. What are quick breads? In your own words, explain in one sentence.
2. Most quick bread recipes use 7 basic ingredients. Name the 7 ingredients and briefly explain its function in the chart below. *Hint: Think back to the cookie unit.*

Ingredient	Function

3. Name and describe the 3 main types of quick breads, including 2 examples of products representing each. *Hint: The first letter of each type has been provided for you.*

Type	Description	Examples (2)
P		
D		
S		

There are two primary mixing methods for preparing quick breads: muffin method and biscuit method.

4. Use this [resource](#) to help you sequence the steps of the muffin mixing method into the correct order.

- _____ Combine wet ingredients with the dry ingredients
- _____ Cook or Bake
- _____ Sift and/or whisk dry ingredients
- _____ Mix the wet ingredients together

5. Use this [resource](#) to help you sequence the steps of the biscuit mixing method into the correct order.

- _____ Add the wet ingredients
- _____ Shape and bake the dough
- _____ Cut in the fat
- _____ Whisk together the dry ingredients
- _____ Knead, roll and/or pat dough

6. What does the term “cut-in” mean? Name and sketch to the best of your ability the kitchen tool required to do this task?

7. If you didn't own the kitchen tool specifically designed to "cut-in", what common kitchen items can be substituted?

8. What is gluten? What role does it play in the preparation of quick breads?

9. Name the disease some people have that makes them gluten sensitive or intolerant.

10. True or False: Quick breads contain yeast.

11. True or False: Quick breads contain chemical leavening agents.

12. Explain what the term "leaven" means.