

# Quick Breads



# Quick Breads Are...

- Baked products that can be prepared in a short amount of time....usually under 60 minutes
- Prepared with chemical leavening agents instead of yeast, therefore they do not need to rise



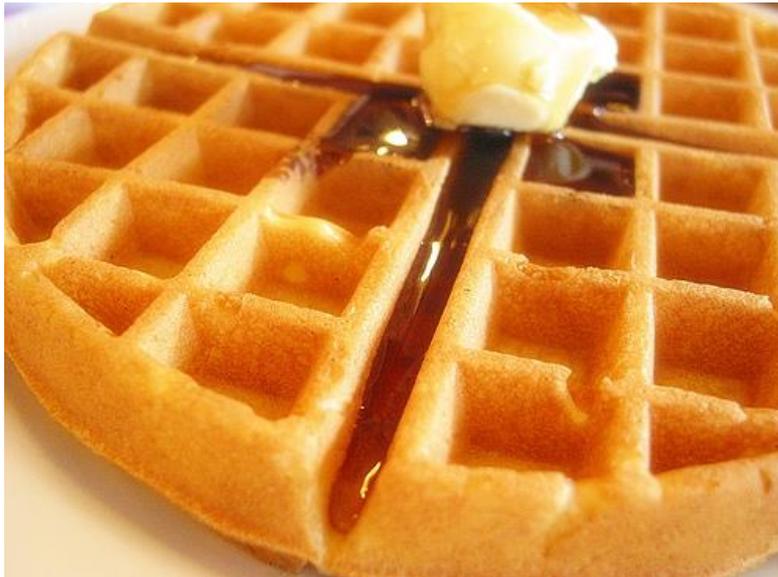
# Types of Quick Breads

- Quick Breads fall into two different categories:
  - Doughs: Biscuits, Scones and Doughnuts
  - Batters: Pour (pancakes, waffles, crepes) & Drop (muffins, biscuits & loaf breads)



# Batters: A mixture of flour and liquid

- Pour batters:
  - Thin consistency
    - Pancakes
    - Waffles
    - Popovers
    - Crepes



# Batters: A mixture of flour and liquid

- Drop batters
  - Fairly thick and sticky
    - Muffins
    - Biscuits (lumpy)
    - Loaf Quick Breads (zucchini, banana, and pumpkin)



# Dough: Flour mixture has less liquid and is stiffer.

- Thick enough to roll and shape
  - Biscuits
  - Doughnuts
  - Scones



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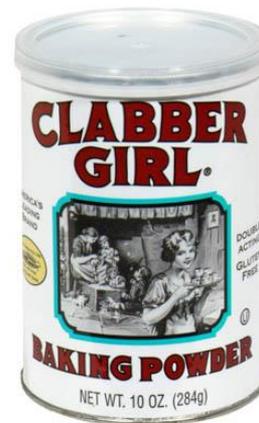
# Review: Ingredients usually found in “Quick Breads”

- Flour –gives structure or body
- Leavening –adds air to make light
- Salt –to improve flavor
- Fat –gives tenderness
- Liquid –dissolves dry ingredients, amount determines type of batter or dough
- Sugar –sweetness
- Eggs –color, texture and nutrients



# Common Quick Bread Leavening Agents

- Baking powder
- Baking soda mixed with an acid
  - Buttermilk
  - Vinegar
  - Lemon juice
- The soda in baking powder reacts with acid forming carbon dioxide



# Importance of Leavening Agents

- View Ted Ed Clip: <http://ed.ted.com/on/YvN9prhT>



# Mixing Develops Gluten:

- When water is mixed with flour gluten ( a protein) is formed to give strength and elasticity to dough



Some people have an allergy to gluten and there are many new products on the market available to them. This is why some products are labeled “Gluten Free”



# What is gluten? To Understand Gluten...

- Think of a piece of bubble gum. When you first put the gum in your mouth, it is soft and easy to chew. As you chew the gum, it becomes more elastic and you can blow bubbles. As you continue to chew the gum for a long time, it becomes so elastic that it makes your jaw hurt. Gluten behaves in a similar way.



# Mixing Methods: Muffin

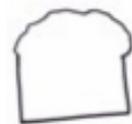
- Combine all dry ingredients together into a bowl.
- In a separate bowl, blend all of the liquid ingredients, (including fat.)
- Make a well in your dry ingredient bowl and pour the liquid in the well.
- Stir until dry ingredients are moistened.
  - ❑ DO NOT OVERMIX



# Muffin Mixing Outcomes:

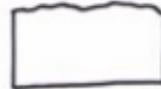
- The Perfect Muffin :

1. Will have a cauliflower top
2. Will have some, but few, tunnels in the interior.
3. Will be tender .



- The Under-Mixed Muffin :

1. Will have low volume.
2. Will have a flat surface .
3. Will be very crumbly.



- The Over-Mixed Muffin:

1. Will have a peaked top .
2. Will be very tough .
3. Will have large tunnels in the interior.



# Biscuit Method

- Combine all dry ingredients.
  - **Cut-In the fat (creates the layers) until there are crumbs.**
  - Add the liquid and stir until a dough forms.
  - **Knead the dough so gluten will form.**
  - Cut into biscuits with biscuit cutter.
  - Place on a greased cookie sheet.
1. \*Bolded are most important steps!



# The Perfect Biscuit

- Flat Top
- Straight Sides
- Flaky with layers



# Storing Quick Breads

- Store in a tight container or seal in moist-proof wrap.
  - To prevent drying out.

