

# Quick Breads



# Quick Breads

- Usually have a coarse texture.
- Cook much more quickly than yeast breads.
- Crust should be soft but bumpy.
- Best served warm.
- The Leavening agent used is baking powder or baking soda.

# Examples

- Includes: pancakes, waffles, biscuits, crepes, dumplings/noodles, muffins, cornbread, zucchini bread, banana bread, etc.



# Terms to Know...

- **Knead:** To manipulate by folding dough forward and rolling it back with heel of hand.
- **Gluten:** Elastic substance formed (from protein in flour) when flour is mixed with water. Gives structure to product.
- **Cut-In:** To finely divide and distribute fat by cutting with a pastry blender or knife.

# Terms to Know...

- **Carbon Dioxide:** Gas produced by baking powder or baking soda and an acid. Used to leaven flour mixtures.
- **Leaven:** to force to rise by producing a gas.

# Quick Bread Classifications

- Categories of Quick Breads
  - 1) **Soft Batters**
  - 2) **Rollout Dough**

# Soft Batters

- Soft Batters can be subdivided into 2 categories:
  - 1) **Pour Batters** (can be poured from mixing bowl and may have as much liquid as flour): Pancakes, Crepes, Waffles, Popovers
  - 2) **Drop batters** (thick and needs to be scraped from bowl or spoon. Usually has two times as much flour as liquid): Muffins, Biscuits, Dumplings

# Rollout Dough

- Rollout Dough (thick enough to roll or shape by hand. Usually about  $\frac{1}{3}$  as much liquid as flour.) can also be divided into 2 categories-
- 1) Soft Dough: Biscuits and Coffee Cake
- 2) Stiff Dough: Cake Doughnuts



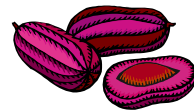
# Ingredients in quick breads

- Flour
- Sweetener- sugar, honey
- Eggs
- Leavening- baking soda, baking powder
- Fat- oil, butter, shortening
- Flavorings- fruit, nuts, salt, spices, seeds, oats, etc.
- Liquid- milk, water, lemon juice, vinegar



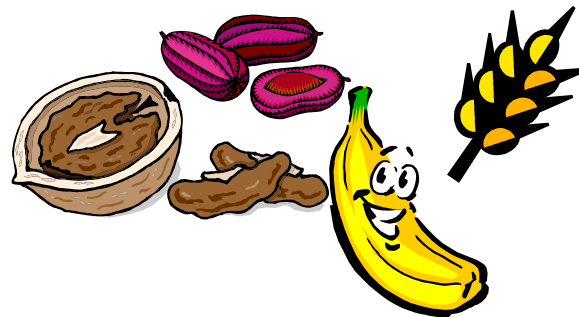
# Purpose of Ingredients

- Flour- provides the gluten and provides structure
- Sugar- flavor, tenderness, browning
- Eggs- flavor, structure and browning
- Leavening agent- adds air (allows product to rise)



# Purpose of Ingredients

- Fat- flavor, tenderness, and browning
- Liquid- determines thickness or stiffness of the dough or batter. Also creates a moist product.



# Leavening Agents

**Baking Powder:** the most common source.  
Usually 1 ½- 2 t. per 1 cup flour

**Baking Soda:** not used unless there is an acid ingredient being used as well.

- When baking soda is used w/out an acid present a bitter taste results.
- The acid neutralizes the product to taste better
- The amount used is determined by the amount of acid.

# Nutrients

- Grains- complex carbohydrate, fiber
- Sugar- simple carbohydrate
- Eggs- protein, iron
- Leavening- none
- Fat- fat
- Flavorings- vitamins, minerals, fiber
- Liquid- vitamins, minerals, water



# Preparation Tips

1. **Mixing:** Don't over mix or over stir the batter. This overdevelops the gluten in the flour causing toughness and tunnels.
2. **Panning:** Some recipes require a greased pan and others do not. Follow instructions to allow for the dough to spread during baking.



# Preparation Tips

1. **Baking:** Bake according to temperatures. Allow pans to cool between batches.
2. **Cooling:** Remove pans after baking. If left in hot pans the bread will continue to cook possibly causing a burnt or overdone product.



# Characteristics of a Good Product

1. **Color:** Uniform golden brown.
2. **Shape and Size:** Volume is at least twice the size of the unbaked product. Uniform in shape and size.
3. **Crust:** Tender and moderately smooth. No excess flour.
4. **Texture:** Moist, tender and flaky crumb.
5. **Flavor:** Pleasing, well-balanced flavor without bitterness.



# Muffins

- ❖ Muffins should be golden brown, round on top, and pebbly.



- ❖ Muffins should not have peaks or tunnels.

