

Study Guide

Baking

Directions: As you read Chapter 21, answer the following questions. Later you can use this study guide to review chapter information.

Section 21-1 Ingredients and Techniques for Baking

1. What is gluten? How does it affect baked products?

2. Identify two suitable substitutes for butter in a baked product recipe.

3. Name two kinds of batter and two kinds of dough.

4. Name three ways to prepare a pan for baking.

5. What happens to baked goods when they are cooled on a solid surface?

Section 21-2 Quick Breads

6. How well should you mix liquid ingredients with dry ingredients when using the muffin method of mixing?

7. Describe three signs that muffins have been overmixed.

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Chapter 21 Study Guide (continued)

8. Why should the dough in the pastry and biscuit method be handled as little as possible?

9. Explain how to roll and cut dough for rolled biscuits.

Section 21-3 Yeast Breads and Rolls

10. List five basic steps for making yeast breads and rolls.

11. Compare the effects of sugar and salt in yeast breads.

12. At what temperature should the liquid and fat be in the quick-mix method?

13. Should you be concerned if the dough develops bubbles as you knead it? Explain.

Section 21-4 Cakes, Cookies, and Pies

14. How are dry and liquid ingredients added to the creamed mixture in shortened cakes? What is the reason for this?

15. Explain how ingredients are mixed using the one-bowl method.

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Chapter 21 Study Guide (continued)

16. Why are foam cakes baked in ungreased pans?

17. What is the main difference between cookies and cakes? What is the result of this difference?

18. What should you remember when placing drop cookies on a cookie sheet?

19. Why should you let cookie sheets cool before baking more cookies?

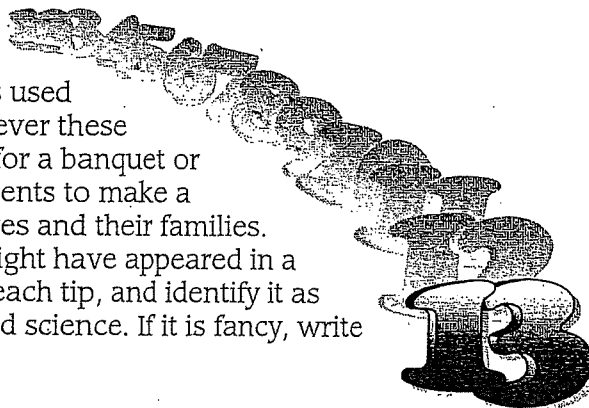
20. When making piecrust, what is the procedure for transferring the rolled pastry dough circle from a floured surface and fit it into a pie pan?

Activity

Ingredients and Techniques for Baking

Baker's Dozen

Directions: The term baker's dozen refers to not 12 items, as in a standard dozen, but 13. It traces its origins to the sixteenth century, when the phrase was used as a code among bakers in the courts of kings. Whenever these early artisans received orders to bake a dozen cakes for a banquet or feast, they would routinely requisition enough ingredients to make a "baker's dozen"—keeping the extra cake for themselves and their families. Below are a "baker's half dozen"—seven—tips that might have appeared in a recipe book for baking in the late Middle Ages. Read each tip, and identify it as either fact or fancy in terms of the current state of food science. If it is fancy, write the correct explanation in the space provided.



Exact wording of answers will vary; possibilities are shown.

Tip 1. One ought to take great care, when crafting a baked good that is to rise up high in the pan, to include a liquid of some kind. Once placed in the hearth, this same liquid—be it milk of cows, soured milk [buttermilk], or water from the well—will alone yield the desired outcome. Omit the liquid, and a flat pancake shall be the result no matter what else is used in the Receipt [recipe].

Fact or fancy: _____

Corrected information: _____

Tip 2. When the whole of the grain alone be used in bakery [baked goods], a much weightier product be your lot [the result].

Fact or fancy: _____

Corrected information: _____

Tip 3. One may add spice (viz., Clove, Nut Meg, All Spice) to bakery for sweetness. One may add as well the cane of the Sugar plant, be it in syrup or powdered form; this too shall sweeten the product, though no other known purpose be served by its addition.

Fact or fancy: _____

Corrected information: _____

(Continued on next page)

Section 21-1 Activity (continued)

Tip 4. Fat, such as lard or dairy butter, lends bakery a rich flavour and ensures, moreover, that a cake be tender. One need use only the tiniest trace to derive these benefits.

Fact or fancy: _____

Corrected information: _____ implies

Tip 5. It has been noted elsewhere—and bears repetition herein—that when thickened cream or custard be used to fill cakes or other sweet bakery, such end products must be consumed at once or stored without in the chill winter air; otherwise, the product may turn rank and most unappetising.

Fact or fancy: _____

Corrected information: _____

Tip 6. If bakery is to please the King, great pains need be taken to use the best butter and eggs, and to mix together such ingredients with extreme care. The order of combination of the ingredients makes little difference whatsoever, so long as they be of the finest quality.

Fact or fancy: _____

Corrected information: _____

Tip 7. Upon removing bread from the hearth, turn it out upon a grate, lest the loaf turn damp from direct placement upon the table top or baker's bench.

Fact or fancy: _____

Corrected information: _____

Activity

Quick Breads

Bread Alert

Directions: Read the situations involving preparation of quick breads. For each situation that shows an incorrect procedure or outcome, draw a "Bread Alert" flag in the box and explain the problem in the space provided. If the procedure or outcome is correct, leave the box blank. The first situation has already been done for you.

1. Ina's muffin batter contained lots of floury spots as she spooned it into the baking cups.

2. Mary's muffin batter was somewhat lumpy.

3. Sharon substituted 1½ cups bran for 1½ cups flour to add fiber to her muffins.

4. Mike sifted together the dry ingredients for muffins.

5. Thad lined the loaf pan with waxed paper before spooning in the batter.

6. The top of the loaf of banana bread cracked during baking.

7. Stu filled the muffin cups 7/8 full.

8. Lori spooned the cranberry bread batter into the ungreased loaf pan.

Activity

Yeast Breads and Rolls

Say "Yes" to Yeast Breads

Directions: Read the following statements about steps in making yeast breads. Check "Yes" for statements that are correct; check "No" for those that are not correct. Use the space provided to explain why the "No" statements are incorrect.

YES **NO**

- _____ _____ 1. The microwave oven is useful in several steps of yeast bread making.

- _____ _____ 2. The only way to knead yeast dough is with your hands.

- _____ _____ 3. Yeast bread contains baking powder.

- _____ _____ 4. Salt in yeast bread controls the action of the yeast.

- _____ _____ 5. Bread flour is the only suitable flour for making yeast bread.

- _____ _____ 6. Ingredients for yeast bread should be at room temperature.

- _____ _____ 7. Very hot liquids are necessary to activate yeast.

- _____ _____ 8. Knead yeast dough until it becomes a smooth, dull ball.

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Section 21-3 Activity (continued)

YES

NO

_____ 9. Adding too much extra flour to yeast dough will make the bread tough.

_____ 10. Some types of flour absorb more liquid than others.

_____ 11. Something is wrong with your yeast dough if air bubbles form while you knead it.

_____ 12. Allow yeast dough to rise in a well-oiled bowl.

_____ 13. Do not cover the dough while it is rising.

_____ 14. Punch the dough down with your fist after the first rising.

_____ 15. If dough is ready for shaping, it will spring back when touched.

_____ 16. Yeast dough should never be refrigerated before you shape it.

_____ 17. Yeast loaves cut more easily just after they are removed from the pans.
