



Focus: Strength

Culinary Arts – Food Preparation

Yeast Breads Level 3

Whole Wheat/or White Bread

Define Objective:

Learn how to make a loaf of whole wheat and/or white bread. Complete the following.

_____ Prepare a homemade loaf of bread for my family

_____ Slice a homemade loaf of bread and freeze for later use

Discovery: Identify valuable information to help you succeed with your skill practice

- Prepare the baking pans properly by greasing the bottom.
- Use a standard size baking pan (7 ½ inches long, 3 ½ inches wide on bottom, and 2 ¾ inches deep)
- Preheat the oven so it is the right temperature before baking.
- For whole wheat bread, use a hard white or hard red wheat (16-20% protein)
- Measure all ingredients accurately.
- Scald the milk before adding it to the bread. This will kill an enzyme in the milk that breaks down the flour and makes a sticky dough.
- Cool the liquid to 110-115 F before adding the yeast.
- Knead the bread dough with mixer about 5 minutes. The dough is kneaded sufficiently when it loses its stickiness and becomes stretchy and elastic and small blisters can be seen just under the surface when the dough is stretched.
- Always add flour gradually, and keep dough as soft as you can handle it.
- Remove bread from pans within 5 minutes from taking out of oven. Hot bread may be dashed quickly under running water. Steam will be created, leaving a soft crust.
- Cool bread on racks to prevent bottoms from becoming soggy.
- Clean your dishes and work area when you are finished.

Practice and Evaluate: Record what you learned. What do you want to remember for your next attempt?

Skill Practice:

Food Item	To Whom Served	Hours Spent	# Served	Cost

Share what you have learned with others: Decide how you will share your new skills and insights with others. Some things to consider are: provide a demonstration or presentation to your family or peers, or enter your finished bread item to the county fair.

- * Yeast breads are evaluated on the basis of exterior appearance and interior quality.
- * Volume should be just twice as large as the original dough.
- * Shapes should be neatly executed and of uniform size.
- * The crust is a pleasing, golden brown and slightly crisp rather than soggy.
- * The interior should reveal uniform, medium-sized cells
- * Excessive fermentation will cause the structure to be too porous and can even result in a fallen, heavy product.
- * Too little volume is caused by inadequate rising time before baking or by killing the yeast because of too high a temperature of liquids coming in contact with the yeast during mixing.
- * A dry, tough product results from incorporating too much flour in the dough.
- * Cinnamon roll glaze should be free from lumps. Sift powdered sugar before preparing glaze to prevent lumps.