

QUICK BREADS

Quick Breads

- Use baking powder, baking soda, and/or air as the leavening agent (NO YEAST)

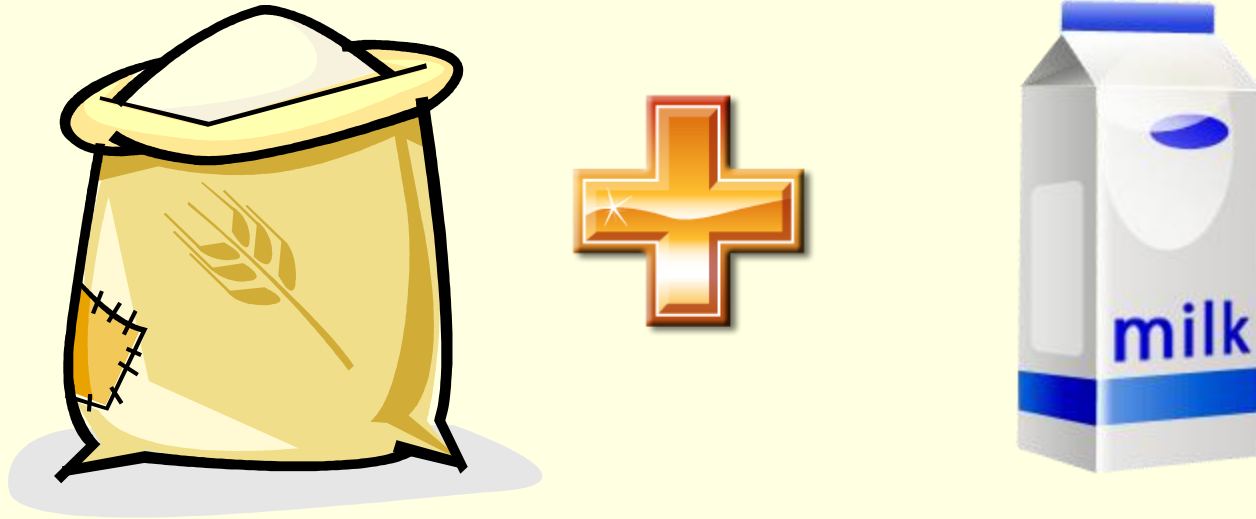
Examples:

- Muffins
- Cream puffs
- Popovers
- Biscuits
- Pancakes



Gluten

- Protein formed when flour mixes with a liquid
- Provides strength and elasticity
- Can also make baked good tough if overworked



Process

- Sift dry ingredients into a bowl



- Pour in combined liquid ingredients

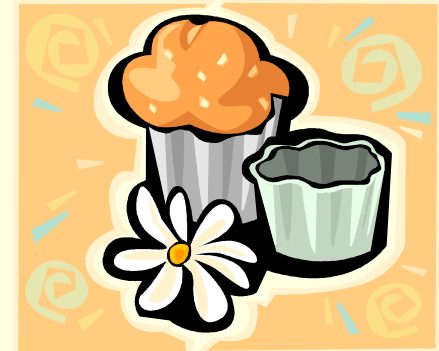


- Stir just until ingredients are moistened



High Quality Characteristics:

- Thin, even brown crust
- Texture in uniform
- Rounded, cauliflower-like top



Undermixed

- Low volume
- Coarse crumbs
- Flat top



Overmixed

- Peaked tops
- Gluten overdeveloped (tough texture)
- Pale, slick crust
- Tunnels are visible



How to reduce fat . . .

Pulaski Food-Service Link

- For every 1 whole egg=
 - Use 2 egg whites
 - Each egg substituted will reduce fat by 5 g



- To substitute oil=
 - Equal amount of applesauce can be used



Reduced Fat Muffin Cook-Off

- No more than 12 muffins
- Must reduce the fat either substituting egg whites for whole eggs or applesauce for oil

