

Cool Rise White Bread- Teacher Demonstration Key

5 ½ to 6 ½ cups all purpose flour
2 packages active dry yeast
½ cup warm water (105°F-115°F)
1 ¾ cup warm milk (105°F-115°F)

2 tablespoon sugar
1 tablespoon salt
3 tablespoon margarine

Dissolve yeast in bowl with warm water, warm milk, sugar, salt and margarine.

Add 2 cups flour and beat on # 2 setting for 2 minutes with dough hook. Add 1 cup flour and beat another 2 minutes on the #2 setting. Gradually add remaining flour (2 ½ - 3 ½ cups).

Turn out on a floured counter top **KNEAD** for 5 minutes. Shape ½ of dough into 1 loaf braided loaf. Brush with oil and cover loosely with plastic wrap. Refrigerate 2 to 24 hours. Use other half to make cinnamon rolls.

Remove from refrigerator and uncover. Let stand for 10 minutes. Prick any gas bubbles with an oiled toothpick. Bake in a preheated oven at 400° F oven for 30 to 40 minutes. Remove from pan immediately and brush with margarine. Cool.

Flour- contains two proteins, gliadin and glutenin - when these proteins are mixed with water form gluten that traps the gases produced by yeast and gives bread structure

Yeast- a microscopic plant that causes the fermentation of sugar and produces carbon dioxide. To activate the yeast dissolve it in a warm liquid. If liquid is too cold won't activate and too hot it will kill the yeast.

Liquids- usually water or milk. It hydrates the protein in flour and dissolves yeast. If using milk it will increase nutrient content, brown better, give a richer flavor and keep bread fresher longer.

Salt- gives flavor and controls the fermentation process and makes bread's texture moderately firm

Sugar- use a small amount to speed up yeast activity- it is a food source for the yeast, helps brown crust and adds flavor- sweetness

Shortening- tenderizes and helps keep bread fresher longer

Gluten Formation- begins when liquids are added to the wheat flour and further developed during kneading until satiny smooth and elastic.

Carbon Dioxide Formation- fermentation of sugar by the yeast changes the sugar into carbon dioxide and alcohol- most is produced during the proofing time when the dough rises.