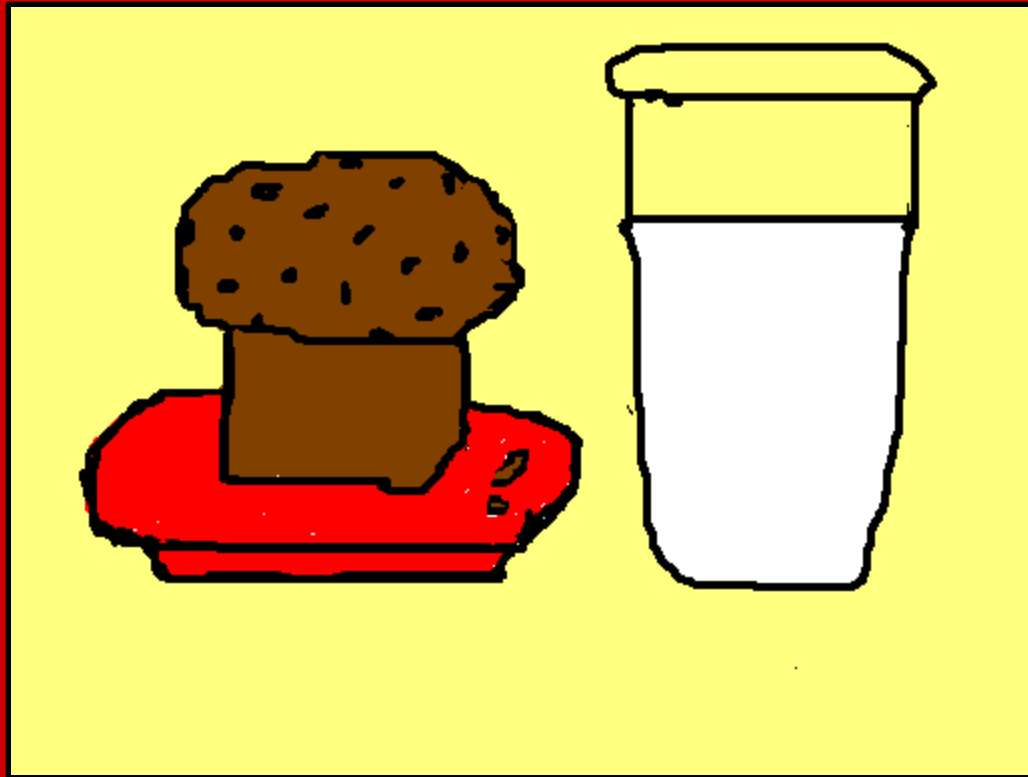


Quick Breads



A Quick Bread is ...

Baked product made from a batter or dough

Prepared in a short amount of time

Types:

Biscuits

Muffins

Popovers

Cream puffs

Pancakes

Waffles

Coffee cakes

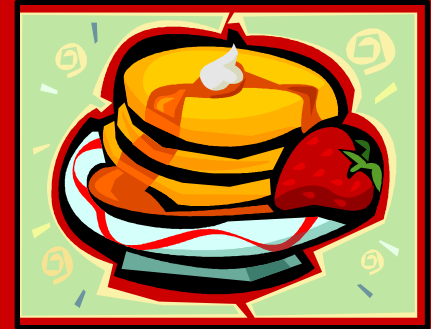
Shortcakes

Batters

Batter is a mixture of flour and liquid

Batters range in consistency:

- Thin- pour batter- poured from as spoon or cup
 - Examples- pancakes and popovers
- Stiff- drop batter- dropped from a spoon
 - Examples- drop biscuits and some muffins



Dough

- Mixture of flour and a liquid
- Higher portion of flour
- Shaped by hand
 - Examples- shortcake and rolled biscuit



Storage of Quick Breads

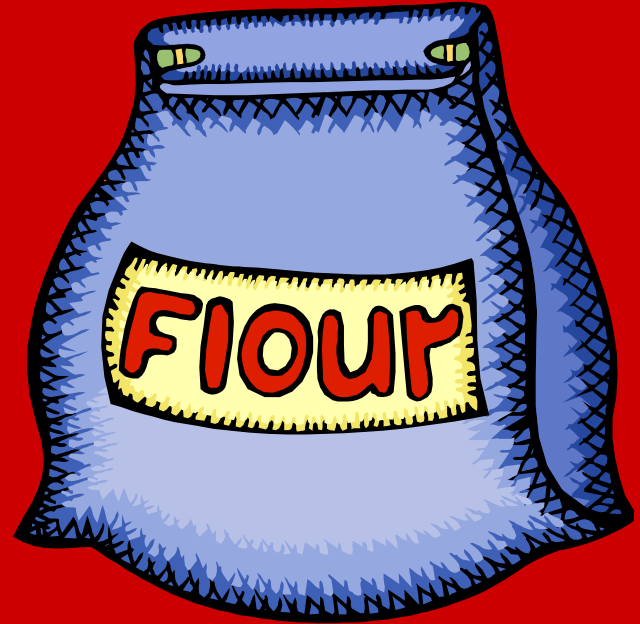
- At room temperature
- In refrigerator
- In freezer
- Tightly wrapped in plastic wrap



Ingredients

Flour

- Gives structure
- Usually white wheat
- All-purpose



Ingredients (cont'd)

Leavening Agents-

- Produce gases
- Product rises
- Becomes light and porous
- Types:
 - Baking Soda and Baking Powder



Ingredients (cont'd)



Liquids

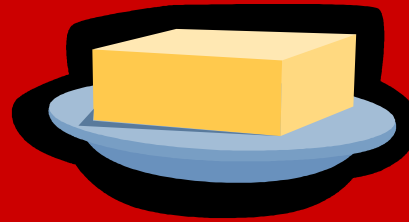
- Hydrate protein & starch in flour
- Moisten or dissolve ingredients
- Leavening agent- produces steam
- Types: water, milk & fruit juice



Ingredients (cont'd)

Fat

- Tenderizing agent



Eggs

- Incorporates air, adds color & flavor



Sugar

- Gives sweetness, tenderizes
& browns crust



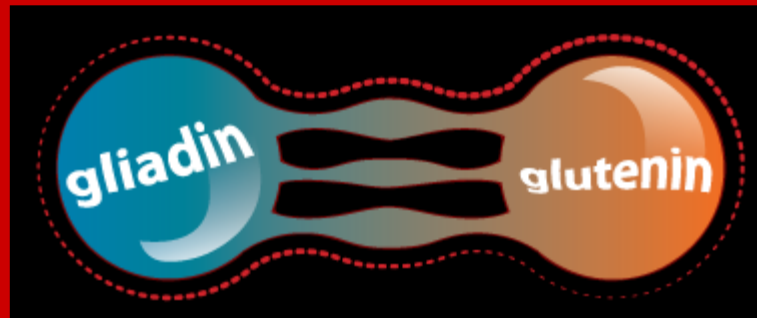
Salt

- Adds flavor



Gluten

- A protein formed when wheat flour is moistened and mixed
- Gives strength and elasticity to batter & dough
- Gives structure to baked products



Biscuit Preparation

- Sift dry ingredients together
- Cut in fat into dry ingredients
- Add liquid all at once
- Drop Biscuits- spoon dough on baking sheet
- Rolled Biscuits- Roll out, cut and bake



<https://www.youtube.com/watch?v=uy4ZPjwxS>
[ac](#)

Characteristics of a Quality Biscuit

Outside

- Evenly shaped
- Smooth, level top
- Straight sides
- Crust evenly browned



Inside

- Crumb is white/creamy white

Characteristics of a Poor Quality Biscuit

Under mixed

- Low volume
- Rounded top
- Slightly rough crust



Over mixed

- Low volume
- Smooth rounded top
- Crumb tough and compact



Muffin Preparation

- Combine dry ingredients in mixing bowl
- Make a well
- Separate bowl combine liquid ingredients
- Pour liquid mixture into well
- Stir batter until just moistened



<http://www.youtube.com/watch?v=Er1MK6kwv3Q>

Characteristics of a Quality Muffin

Outside

- Thin, evenly browned crust
- Symmetrical top but looks rough

Inside

- Uniform texture
- Crumb tender and light



Characteristics of a Poor Quality Muffin

Under mixed

- Low volume
- Flat top
- Crumb is coarse



Over mixed

- Peaked top
- Pale slick crust
- Crumb has narrow open area = Tunnels



Popover Preparation

- Combine with muffin method
- Place in hot oven
- Allows steam to expand walls
- After expansion, lower temp of oven
- Do not open oven- will collapse



Characteristics of a Quality Popover

- Good volume
- Shell golden brown and crisp
- Interior strands of slightly moist dough



Characteristics of Poor Quality Popover

- Under baked :
- Will collapse, exterior soft, interior doughy



Cream Puff Preparation

Special mixing method

- Bring water and fat to a boil
- Add flour stir over low heat
until ball forms
- Remove from heat
- Stir in eggs till smooth
- Forms puff paste



Cream Puff Preparation

Baking Method

- Drop paste onto ungreased cookie sheet
- Place in hot oven to produce steam
- Lower temp after expansion
- Do not open oven door- will collapse



Cool & fill with:

- Pudding, custard, ice cream, fruit, or whipped cream

Characteristics of a Quality Cream Puff

- Good volume
- Brown & tender crust
- Hollow interior
- Few strands of moist dough



Characteristics of Poor Quality

- Under baked:
- Will collapse
- Interior moist filled with strands of dough



Microwaving Quick Breads

Bake in ring shaped pan or micro safe muffin tin

Variety of toppings to disguise lack of browning

Reheat frozen waffles and pancakes



References

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