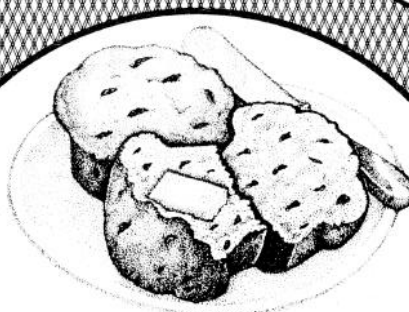




Bread Project



UNIT 2

Quick Batter Breads

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Introduction

Quick batter breads are called quick breads because they are made with leavening other than yeast. Batter breads are made from a mixture that is too soft to handle. There are thin and thick batters. Batter may be spooned or poured into the pan or on the griddle. Quick batters are very easy to make and take a short time to bake. In addition to loaf breads and muffins, a variety of other breads, such as crepes, pancakes and waffles, are considered quick batter breads. They are made from similar ingredients but in different amounts. Quick batter breads are usually made from wheat flour.

More wheat is grown throughout the

world than any other grain, and Russia produces more wheat than any other country. The United States, China, India, Canada, France and Turkey are also large producers of wheat. Many farmers in Kentucky grow wheat, but farmers in Kansas grow more wheat than any state in the United States!

You will learn:

- How to prepare, judge and store quick batter breads.
- About the wheat gram and some of the different types of wheat flour.
- How to measure dry and liquid ingredients.
- How to make several kinds of quick batter breads.



- The importance of wheat products in your diet.
- To be clean and neat while you cook.

You will also:

- Visit a grocery store and study labels on different flours, such as rye and whole wheat. Compare the cost of flour.
- Rate the quick batter breads you make.
- Give a demonstration on some aspect of making quick breads.
- Keep a record of all the breads you make.

Breads and Cereal in Your Diet

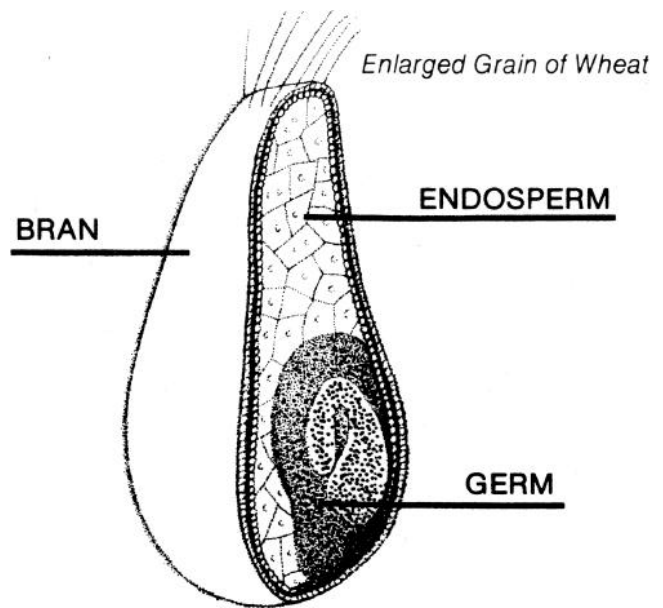
Breads and cereals are made from grains and make up one of the basic food groups. You need 6-11 servings of foods from this group each day. You may eat them with meals or as snacks. Foods in this group include loaf bread, muffins, pancakes, waffles, and cereals. A serving could be one muffin, one waffle, one slice of bread, or a serving of prepared cereal. In addition to breads and cereals made from wheat, these foods may be made from corn, barley, rice, rye, and oats.

Quick batter breads made from white flour provide B vitamins and iron. There is a law in Kentucky and many other states requiring the enrichment of flour. The flour is enriched by adding iron, which is a mineral, and the three B vitamins (thiamin, riboflavin and niacin) lost in milling.

The Ingredients in Quick Batter Breads

Flour

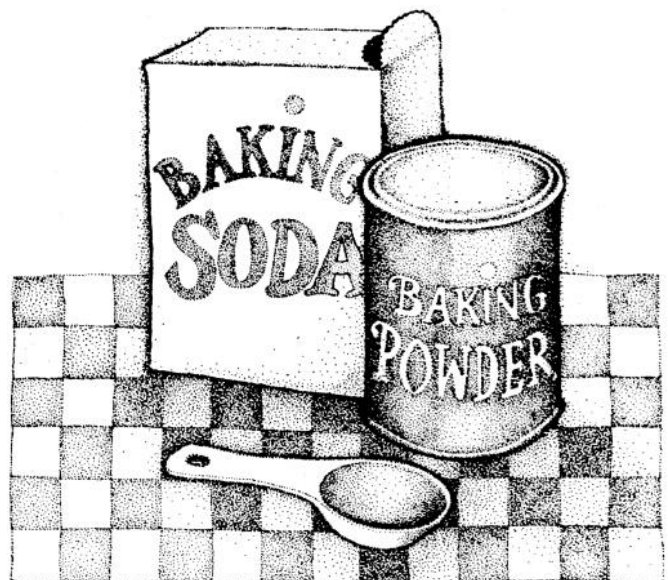
Flour made from wheat is the main ingredient for most batters and doughs. White flours and off-white (unbleached) flours are made from the endo-



sperm of wheat. (See the drawing of the grain of wheat.) Whole wheat, also called graham flour, is made from the entire wheat kernel, which includes bran, endosperm and germ.

Leavening Agent

There are two types of white flour on the grocery shelf: all-purpose (plain) and self-rising. All-purpose flour needs the leavening agent (yeast, baking powder and/or baking soda) added. Self-rising flour has the salt and leavening agent already added. The leavening agent is an ingredient that helps the batter to rise or become light. Quick breads are made with baking powder and/or baking soda. These are leavening agents that rise rapidly.



Other Ingredients

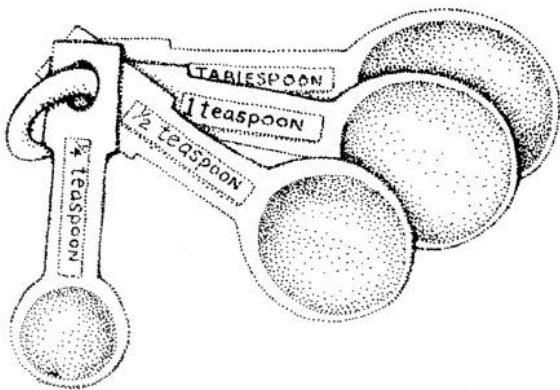
Other ingredients in quick breads are liquids, such as milk, and fat or shortening, salt, sugar and eggs. The shortening adds flavor and tenderness. The salt improves flavor. Sugar makes the bread tender and also improves the grain of the bread.

Eggs add nutrients, flavor and color to breads. Sometimes beaten egg whites are folded into the batter to increase tenderness and the volume (size) of a baked product. Milk adds nutrients and helps the bread to brown. It also moistens the dry ingredients and dissolves the salt and leavening.

Tips for Successful Baking

1. Read the recipe carefully. Get out all of the ingredients and equipment you will need before you start.
2. Measure the ingredients as directed.
3. Combine the ingredients in the order given in the recipe.
4. Use the recommended pan size.
5. Bake the bread at temperature given in recipe.
6. If you are storing breads, cool them before wrapping.

To Measure Liquid or Dry Ingredients

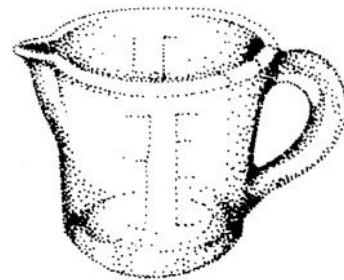


How to Measure

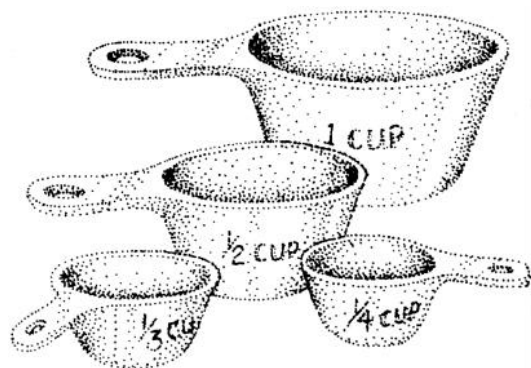
Recipes are written for standard measuring cups and spoons. To have good results with any recipe you should use standard measuring utensils.

Notice the difference between the cup for measuring liquid ingredients and the one for measuring flour, sugar, and other dry ingredients. There is space left above the cup measurement line at the top of the liquid measuring cup so that the liquid will not spill when pouring. There is also a spout for easy pouring. The dry measuring cups are to be filled to the top and leveled off with a knife or spatula. Measuring spoons can be used for either liquid or dry ingredients.

To Measure Liquid Ingredients

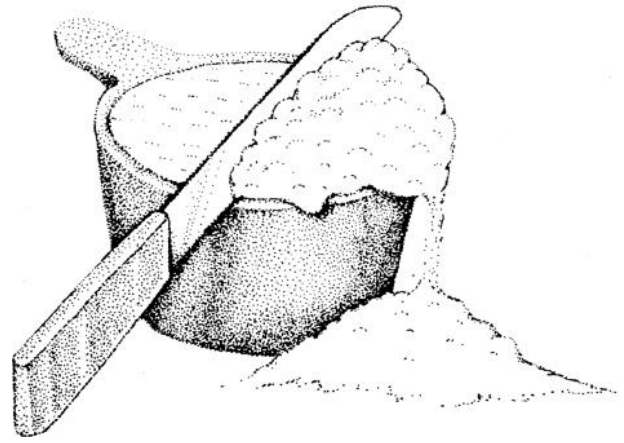


To Measure Dry Ingredients



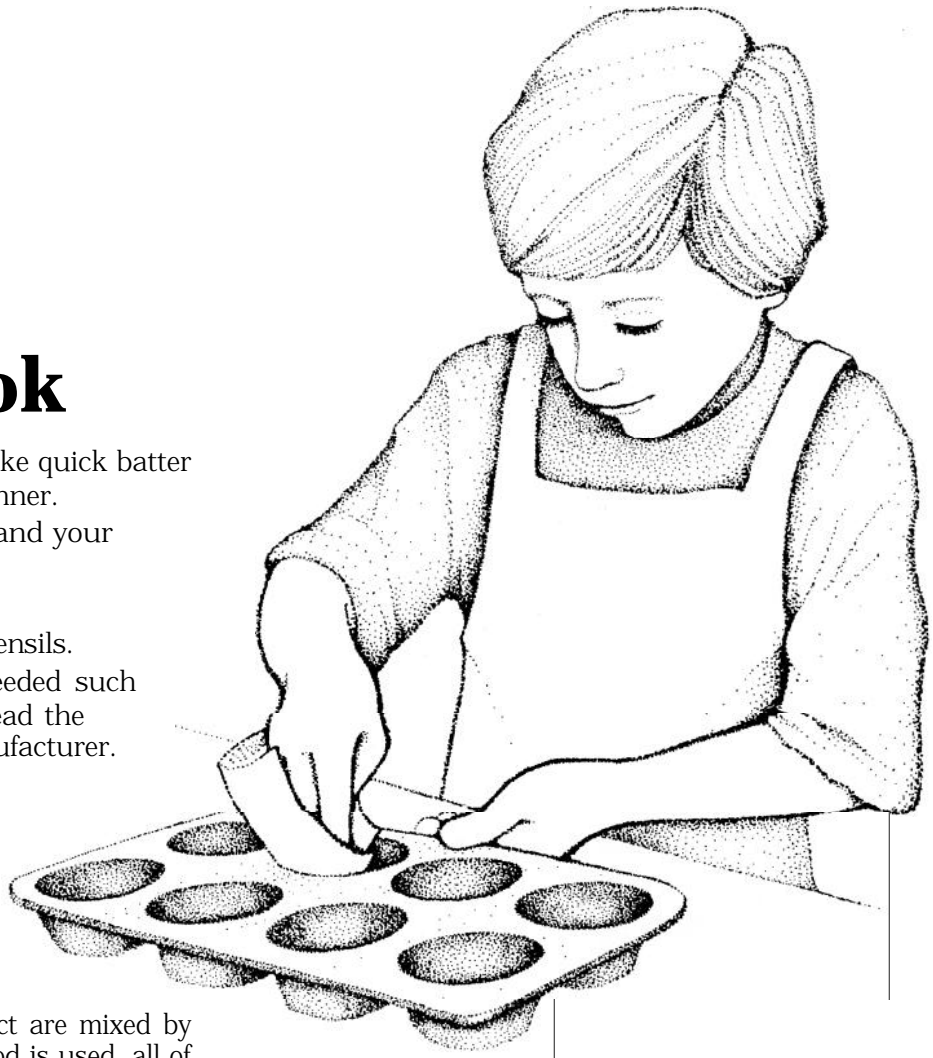
Tips for Measuring

1. Always sift flour before measuring. Spoon flour lightly into the measuring cup. Even or level off the extra flour across the top with a knife or spatula
2. When measuring brown sugar, pack the sugar into the cup and level the top with a knife or spatula
3. To measure soft fat or shortening, pack it into the cup and even off with a knife or spatula.
4. When measuring liquids, place the cup on a table, and fill the cup to the needed level.



Before You Start to Cook

1. Ask your family if you can make quick batter breads for breakfast, lunch, or dinner.
2. Be sure your hands are clean and your hair is neat.
3. Read the recipe carefully.
4. Get out all ingredients and utensils.
5. Learn to operate equipment needed such as oven, waffle iron, or griddle. Read the safely instructions from the manufacturer.



How to Mix the Batter

The batter recipes in this project are mixed by the muffin method. When this method is used, all of the dry ingredients are mixed together in one bowl. In another bowl all of the liquid ingredients are mixed including fat and eggs. The liquid ingredients are usually added to the dry ingredients, although some recipes call for adding dry ingredients to the liquids.

Caution: Leave batter lumpy. Overmixing causes tunnels and tough bread.

Recipes

Now we are ready to bake:

PLAIN MUFFINS

- 2 cups all-purpose flour, sifted
- 3 teaspoons baking powder
- 2 tablespoons sugar
- 1/2 teaspoon salt
- 1 cup milk
- 1 egg, beaten
- 3 tablespoons oil or shortening, melted

Preheat oven to 425°F.

Grease muffin cups and set aside.

Combine dry ingredients. Stir* milk into beaten egg; add oil or melted fat. If you use solid shortening, measure first and then melt. Stir milk mixture into dry ingredients with a spoon until dry ingredients are moistened.

Avoid overmixing; batter should be lumpy. Fill greased muffin pans 2/3 full. Bake until browned, about 25 minutes. Makes 12 muffins.

Variations:

- Add 1/2 cup canned blueberries, drained, to dry ingredients.
- Substitute 1 cup bran or 1 cup whole wheat for 1 cup flour.
- Add raisins or favorite chopped dried fruit to dry ingredients.
- Add 1/3 cup shredded cheese.

**Stir To mix food using a circular motion.*

APPLESAUCE MUFFINS

- 2 cups sifted self-rising flour
- 1/4 cup sugar
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cinnamon
- 1 egg
- 1 cup unsweetened applesauce
- 1/2 cup milk
- 3 tablespoons vegetable shortening, melted, or vegetable oil

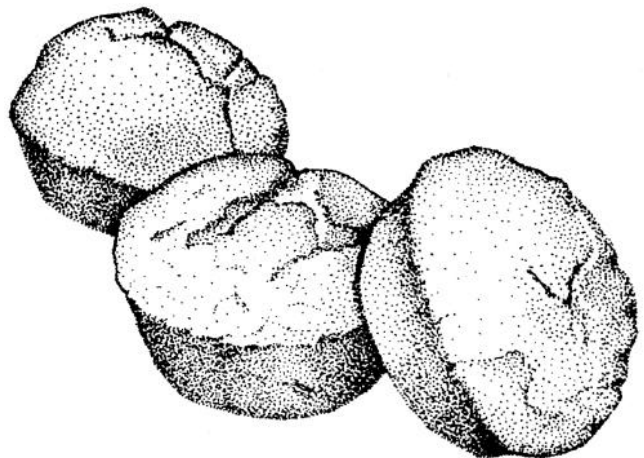
Preheat oven to 425°F. Grease muffin cups; set aside.

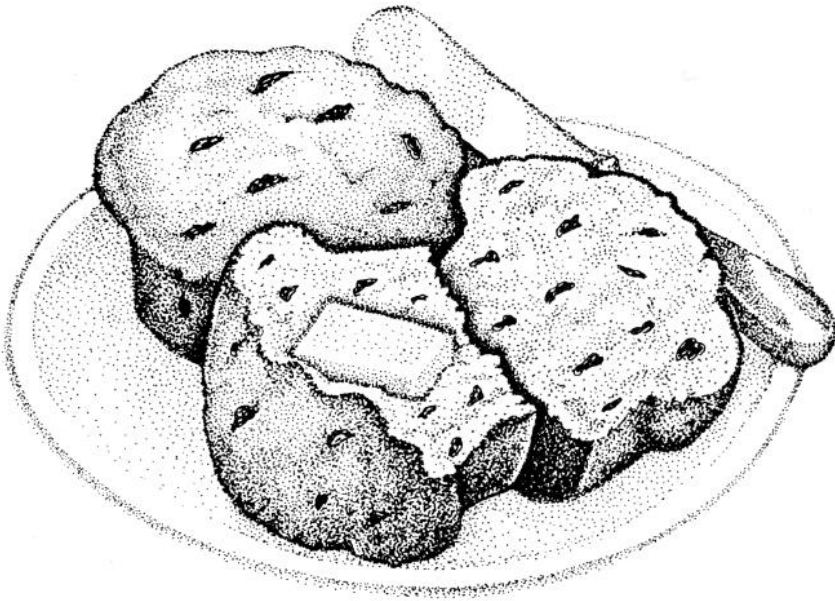
Sift flour, sugar, and spices into bowl; set aside.

Break egg into separate bowl; beat lightly with fork. Add applesauce, milk, and shortening. Add flour mixture; stir just until blended.

Fill muffin cups about 2/3 full. Bake 20 minutes, or until golden brown. Makes 12 muffins.

Variation: Substitute 1 cup mashed banana for applesauce.





RAISIN BRAN MUFFINS

- 1 1/4 cups all-purpose flour, sifted
- 2 cups raisin bran cereal
- 3 teaspoons baking powder
- 3/4 teaspoon salt
- 6 tablespoons sugar
- 1 egg
- 1 cup milk
- 1/3 cup oil or melted shortening

Preheat oven to 425°F.

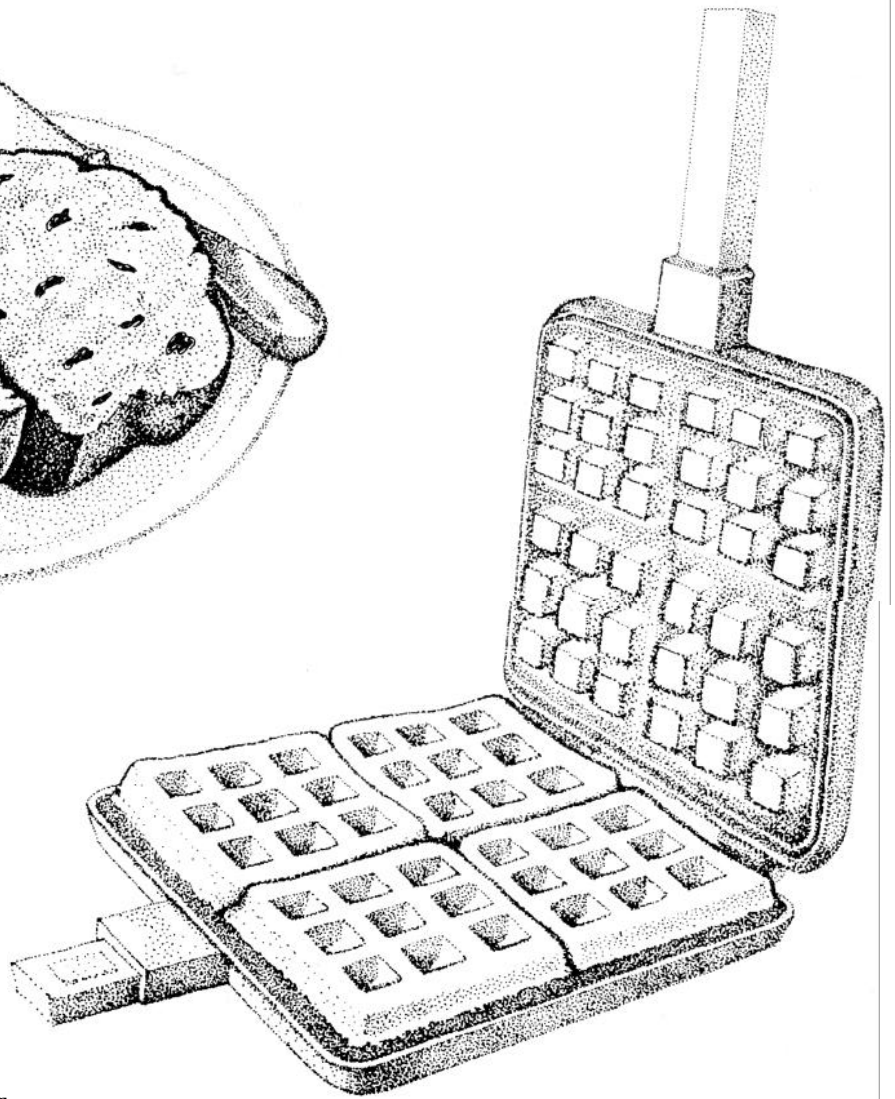
Grease muffin cups and set aside.

In a large mixing bowl, combine flour, raisin bran cereal, baking powder, salt and sugar.

Beat egg slightly; stir milk into egg and add oil or melted shortening.

Pour milk, egg and fat mixture into dry ingredients and stir with a spoon just enough to moisten ingredients. Batter should be lumpy.

Fill greased muffin cups 2/3 full of batter. Bake at 425°F. for 20-25 minutes. Makes 12 muffins.



WAFFLES

- 2 cups all-purpose flour, sifted
- 3 teaspoons baking powder
- 3/4 teaspoon salt
- 2 eggs, beaten
- 1 1/2 cups milk
- 1/2 cup melted shortening

Grease waffle iron, if necessary, and heat.

Measure and sift dry ingredients together. Mix milk and beaten eggs, and add fat. Pour milk, egg and fat mixture into the dry ingredients. Stir batter to mix.

Pour batter in center of hot grid. Close lid and leave closed until waffle is cooked (steaming has stopped). Makes 6 waffles.

Variation: Make buttermilk waffles by reducing baking powder to 1 teaspoon; adding 3/4 teaspoon soda and substituting buttermilk for sweet milk.

BASIC PANCAKES

- 1 1/2 cups all-purpose flour, sifted
- 2 1/2 teaspoons baking powder
- 2 teaspoons sugar
- 3/4 teaspoon salt
- 2 tablespoons melted shortening or oil
- 1 egg, beaten
- 1 cup milk

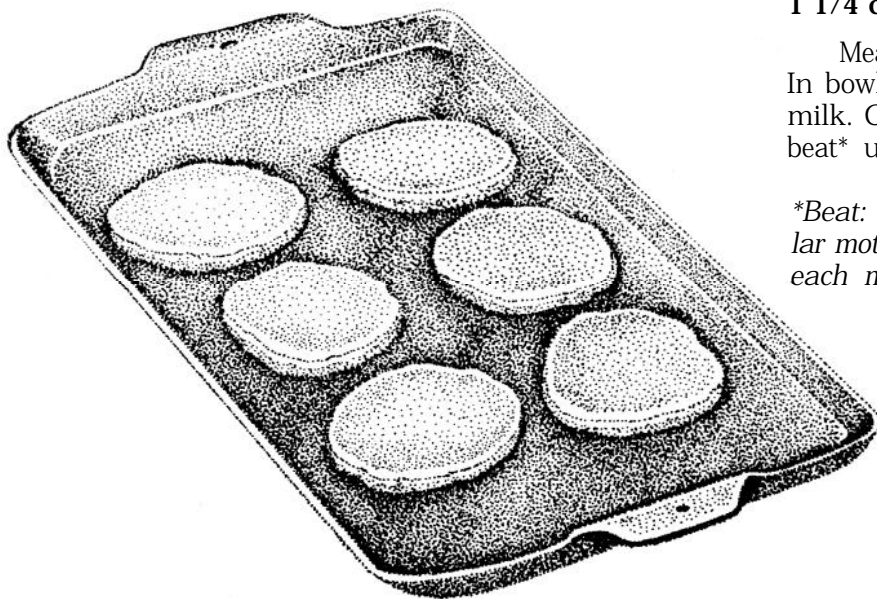
Combine dry ingredients. Stir milk and beaten egg; add fat. Stir milk mixture into dry ingredients: mix only enough to blend. Avoid over-mixing. Pancakes may be lighter if batter is slightly lumpy.

Grease the skillet or griddle: then heat. Sprinkle with 2 or 3 drops of water. If water evaporates quickly (sizzles), the griddle is ready.

Drop by spoonfuls, or pour from a pitcher onto a hot griddle, to form 4- or 5-inch rounds. Cook until full of bubbles. Turn and brown lightly on the other side. Cook each side only one time. Stack pancakes on a hot plate. Serve immediately. Makes 8 to 10 pancakes.

Variations:

Several variations are possible. 1) Substitute 3/4 cup whole wheat flour for 3/4 cup of all-purpose flour or 2) substitute buttermilk for sweet milk, reducing baking powder to 1 teaspoon and adding 1/2 teaspoon soda.



CREPES

Crepe— with the e pronounced as in *crepe* paper, or crepe (French) with the e pronounced as in *step*— is a very thin type of pancake. The first of the above pronunciations is considered the preferred one, although the second is also correct and often used in some areas. Crepes can be used as the main source of the meal, as a snack or a dessert. They can have many different fillings.

If you have a new crepe pan it will need to be seasoned. Always follow the manufacturer's directions or follow these directions:

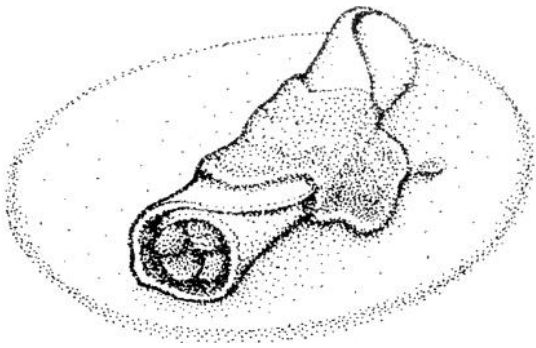
1. Wash, rinse and dry the pan.
2. Rub the inside with shortening or oil.
3. Heat the pan slowly until hot.
4. Cool and then wipe the pan with paper towel or a disposable cloth.
5. Rub the pan again with thin layer of fat and heat slowly until hot.
6. Cool and wipe clean.

BASIC CREPE

- 1 1/4 cups enriched all-purpose flour
- 1/2 teaspoon salt
- 2 teaspoons sugar
- 3 eggs, beaten
- 2 tablespoons shortening or oil
- 1 1/4 cups milk

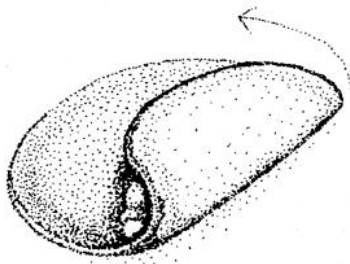
Measure and sift together flour, salt and sugar. In bowl mix together eggs, shortening or oil and milk. Gradually add liquid to flour mixture and beat* until smooth.

**Beat: To make a mixture smooth with rapid regular motion. With a spoon you lift up and over with each motion.*



Use batter immediately or store in the refrigerator.

Grease lightly a 6- or 7-inch heavy skillet. Heat the skillet until 2 or 3 drops of water will sizzle on it. Pour 2 to 3 tablespoons of batter into the pan. Rotate the pan quickly to distribute batter. If the batter seems too thick to spread over the entire pan surface, add a small amount of milk or water, one spoonful at a time, to the remaining batter and stir to blend. Cook until lightly browned on the bottom. Fold in half, using a spatula, and remove from the pan. Makes eighteen 6- to 7-inch crepes.



FRUIT CREPES

Place the cooked crepe on a plate, and spoon fresh or canned, drained fruit on the center third of the crepe. Fold the sides over the center. Pour about two tablespoons of cooled fruit sauce over the top.

SAUCE FOR FRUIT FILLING

- 1/2 cup sugar**
- 2 tablespoons flour**
- 1 egg**
- 3/4 cup pineapple juice**
- 1/4 cup water**
- 3 tablespoons lemon juice**

Combine sugar and flour. Add egg and mix well. Gradually add pineapple juice and water to sugar, flour and egg mixture. Cook over low heat, stirring constantly until the mixture thickens and becomes clear. Add lemon juice; continue stirring until well mixed. Makes 1 cup.

BASIC POPOVERS

Popovers are muffin-shaped breads. They are crusty, dark brown and hollow inside. Try the following recipe.

- 1 cup enriched flour, sifted**
- 1/2 teaspoon salt**
- 3 eggs**
- 1 cup milk**
- 2 tablespoons melted butter or margarine**

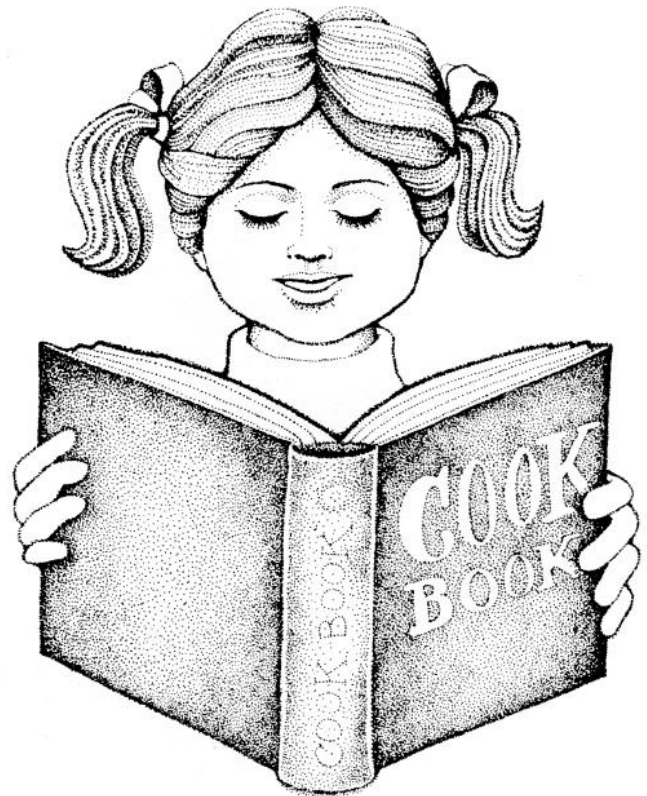
Preheat oven to 450°F.

Grease muffin pans and heat in oven.

In a large mixing bowl, combine flour and salt. Beat eggs, add milk and melted butter or margarine and stir into flour mixture.

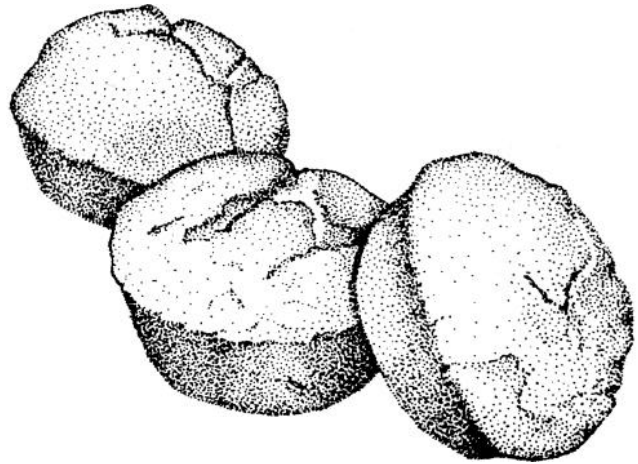
Fill hot muffin tins 2/3 full of batter. Bake at 450°F. for 15 minutes. Then reduce heat to 375°F. and continue baking until popovers are light golden brown, about 10 minutes longer. Leave oven door closed during baking.

Remove from oven and make a slit in top of popover to allow steam to escape. Serve with butter, preserves or jelly. Makes 9-12 popovers.



Judging Your Bread

After the pancakes, waffles or batter breads are baked, read the following scoresheet. Rate the bread you made for the outside appearance, inside crumb and the flavor and aroma.



QUICK BATTER BREAD SCORESHEET

| | Excellent | Good | Needs to Improve |
|---|-----------|------|------------------|
| APPEARANCE | | | |
| • Evenly brown crust | | | |
| • Slightly rounded top, except for waffles | | | |
| • Golden brown top and bottom | | | |
| • Free from yellow or brown spots | | | |
| • Tender crust, fairly smooth | | | |
| CRUMB | | | |
| • Texture slightly moist, tender | | | |
| • Fine crumb, not doughy or crumbly | | | |
| • Color even and normal for ingredients | | | |
| • No yellow or brown spots | | | |
| Well blended, no decided taste of salt, baking powder, soda, fat, or spices | | | |
| Pleasing aroma | | | |
| Free of bitterness | | | |

Clean Up

An important part of making bread is cleaning up afterwards. Your family members will be more willing for you to cook if you always do a good job of washing the dishes and pans and putting away ingredients and utensils afterwards. Be sure to wash off counters and range, and clean up any spills from the floor.

Suggestions for Demonstrations

1. Tips for Making Light, Tender Pancakes
2. Basic Crepes
3. Not-so-sweet Dessert Crepes
4. Muffins and Variations
5. Products Mixed by the Batter Method

Citizenship Activities

You can share your breadmaking skills with others by making bread for a club or community bake sale or church or community dinner. Muffins are one bread which can be reheated and still be a tasty bread. For this reason they are a good bread to give to a person who may live alone or who has limited ability in preparing food. Think about people in your community who would enjoy having some muffins.



B. List any other activity you did for this bread project: list things such as exhibits, demonstrations and tours.

C. Tell some skills you learned in the project (for example, to measure, or learned to compare prices in the grocery store).

D. List the awards and recognition you have received in this project. Tell the level of recognition (for example, county, area or statewide).

E. How many times did you attend group meetings to work on your project?

F. If you helped others with their food-nutrition project, give the number of people you helped and what you did to help them.

G. Write a project story telling what you did and learned in the project. Include items such as how the project helped your family, who helped you with the project, and why bread is important to good nutrition.



Appreciation is expressed to Martha White Foods, Inc. for support of the development of this material.