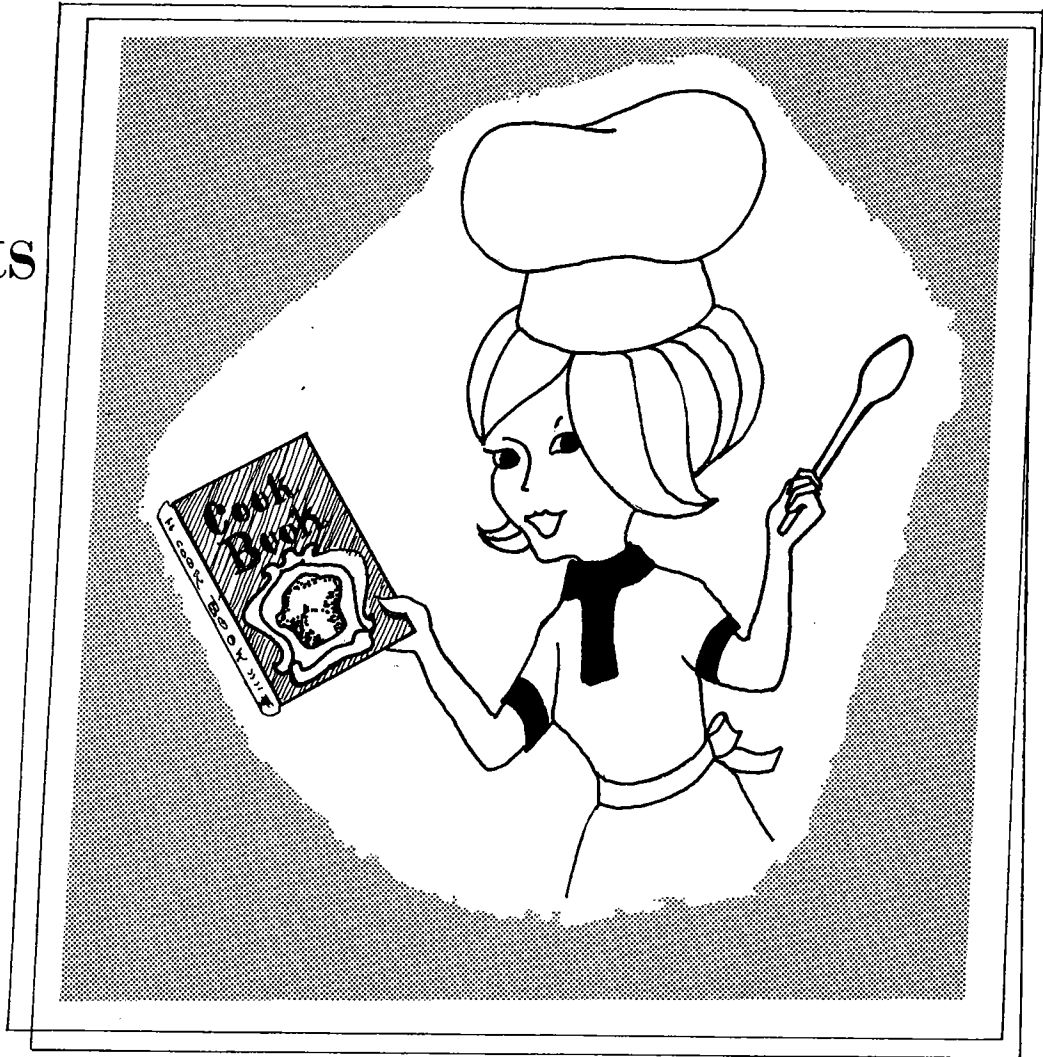


Quick Breads

using
basic
ingredients



Unit 1

Second Year

County _____ Age _____ Date of Birth: Month _____ Day _____ Year _____
 Name _____ Number of years in 4-H _____
 Address _____
 Parent's Name _____
 County Extension Home Economics Agent _____

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QUICK BREADS
Using Basic Ingredients
Unit I – Second Year

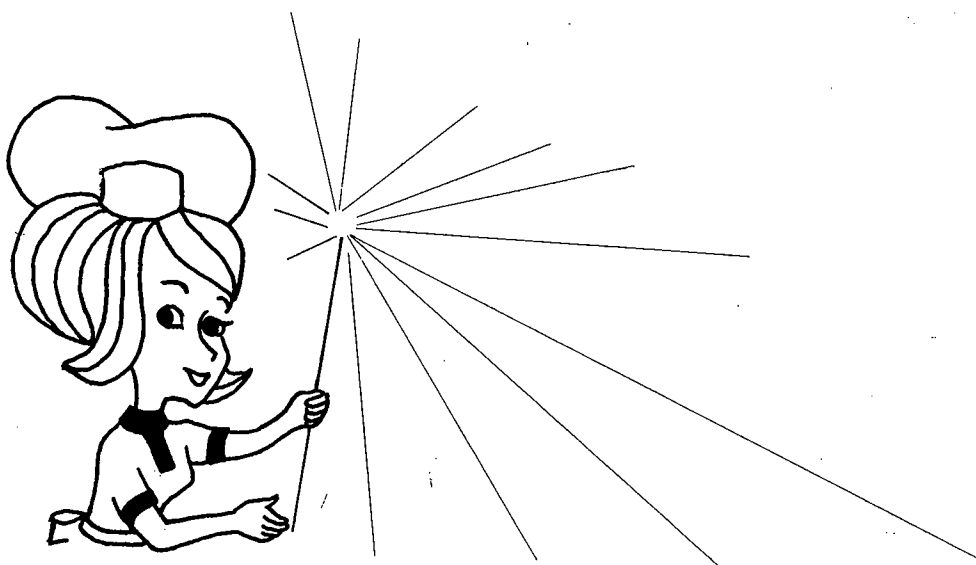
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What Shall I Bake?

When Hungry Hannah looked about to see what she could bake, the cupboard was so nearly bare she despaired of what to make! True, there was flour, salt, leavening and a bit of sugar, but whatever could be made with that was more than Hannah knew. A search inside the refrigerator brought out some added items, but even with eggs, milk, and shortening, she still was in confusion.

Then out of nowhere popped Jeannie, a friendly little elf saying, "Hannah, let me tell you about those foods upon your shelf.



Flour has added strength to batter throughout many years.

Salt is a must for flavor in everything that is baked. Good old **leavening agents** lighten breads faithfully.

Shortening gives most freely of its tenderness.

Eggs have golden color, flavor and some leavening power too.

Milk is the greatest of all for blending in liquid food value.

"These are important ingredients which all bakers use. Many treats can be made from them, and simple variations produce quite different results. You can make pancakes, waffles and popovers too. Perhaps shortbreads or muffins will appeal to you. Even coffee cake is great to bake. Please give these basic ingredients a place of honor on your shelf and let the mystery of baking work its magic," declared the elf.

Hungry Hannah sparkled brightly at these ideas so new.
The good advice of Jeannie had given her plenty to do!

ACTIVITIES REQUIRED TO COMPLETE QUICK BREADS

UNIT 1 – SECOND YEAR

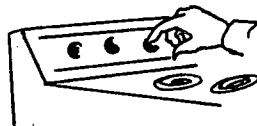
1. Study the booklet and answer the Quick Bread Quiz.
2. Make Quick Breads from basic ingredients a total of 10 times.
Make **Popovers** twice.
Make **Griddlecakes** or **Waffles** once.
Make **Muffins** twice.
Make a **Basic Mix** and from this mix make **biscuits** twice and **3 other variations** of quick breads.
3. Give 1 Demonstration Experiment
Choose one suggested in this booklet or plan a demonstration of your own which meets the approval of your 4-H Leader and Extension Home Economics Agent.
4. Write a short story about your activities in making quick breads from basic ingredients, and tell what you learned from this unit.

REMEMBER – DO FIRST THINGS FIRST

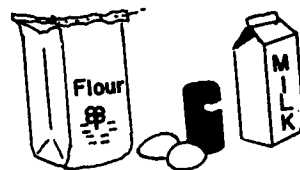
Read through the recipe



Heat the oven



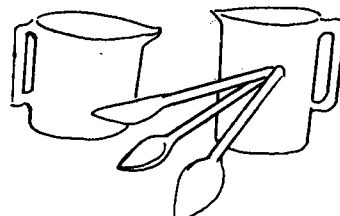
Assemble all ingredients



Collect cooking utensils



Measure ingredients accurately



MEASURING TIPS AND TERMS

How to sift dry ingredients—Scoop flour into sifter. Sift on wax paper. Spoon lightly into a standard dry measuring cup, heaping it above the rim. Level off with straight-edged spatula. Sift with other dry ingredients to blend.

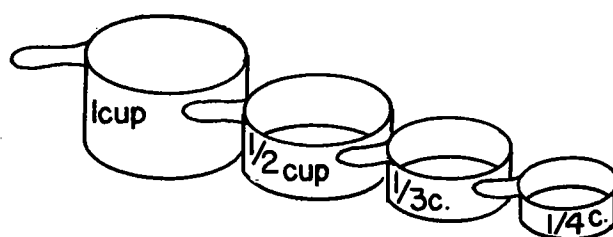
Baking Powder, salt, soda, spices—Fill measuring spoon heaping full and then level off.

Granulated sugar—Dip standard measure into sack to get heaping full. Level off with spatula.

Brown sugar—Pack firmly into standard dry measuring cup and level off. Sugar should hold its shape when emptied from cup.

Shortening—Keep at room temperature. Pack firmly in standard measuring cup, leaving no air spaces. Level off with spatula.

Milk or other liquid—Pour into liquid measuring cup. Set on level surface. Check at eye level for accuracy.



Abbreviations

tsp. = teaspoon
tbsp. = tablespoon
oz. = ounce
lb. = pound
pt. = pint
qt. = quart

Measures

3 teaspoons = 1 tablespoon
4 tablespoons = $\frac{1}{4}$ cup
8 liquid ounces = 1 cup
2 cups = 1 pint
2 pints = 1 quart
4 cups = 1 quart

WHAT IS A QUICK BREAD?

Quick breads are so named because they are made with a leavening that acts more quickly than yeast. The basic ingredients of quick breads include flour, fat, liquid and leavening. Salt is added for seasoning, and sugar for sweetness. Many quick breads also contain eggs. All quick breads may be mixed and baked at once so the baking time is short.

Ingredient	Baking Ingredients	
	Contribution	Examples
Flour	Strength Structure	All Purpose Flour Self-Rising Flour Instantized Flour Cake Flour
Leavening Agents	Make batter rise and add lightness	Steam and air Baking Powder Soda and Sour Milk Molasses and Soda Egg Whites
Liquid	Binds ingredients together, helps ingredients to act with each other	Milk (whole, skim, buttermilk, dried, evaporated) Water Juices
Shortening or Fat	Tenderness Richness Flakiness Aids browning	Butter Margarine Vegetable Shortening Lard
Eggs	Flavor Binds together to give structure	Eggs
Flavoring	Enhances flavor Adds new flavor	Salt Vanilla Sugar Spices
Sugar	Adds tenderness Aids browning	White Sugar Brown Sugar Karo Molasses

BASIC INGREDIENTS

Flour

The main ingredients of all quick breads is flour. There are many kinds of flour.

All Purpose Flour—most batters and doughs are made from all purpose flour. To make this flour the miller mixes hard and soft wheat flours into a blend which is suitable for a variety of baking purposes.

Self-Rising Flour—Calcium phosphate, salt and soda and sometimes other chemical leavenings are added in small quantities to flour in order to make it self-rising. When liquid is added to self-rising flour the acid of the calcium phosphate

reacts with baking soda to produce a leavening gas which makes the mixture rise. For this reason recipes using self-rising flour need no leavening agent.

Instantized Flour—In the early 1960's a new kind of granular wheat flour came on the market. This instantized flour has some advantages. It is free pouring like salt. It does not need to be sifted. The flour instantly mixes in a cold liquid rather than balling or lumping. The new flour can be used in place of regular flour if necessary recipe adjustments are made. When you use instant flour instead of a regular flour, take out 2 level tablespoons per cup. The new flour is particularly good for gravies and sauces, and popovers.

Leavening Agents

A leavening agent is the substance that makes a batter rise. The leavening agent in quick bread may be steam, as in popovers; or it may be the carbon dioxide which is produced by baking powder, or baking soda and an acid such as sour milk.

There are several types of baking powder, but in general they are composed of baking soda and some acid reacting material such as cream of tartar. Starch is added to keep ingredients dry. It is very important that baking powder be covered tightly so it will not lose its leavening power.

When soda and sour milk are used as leavening, add the soda to the dry ingredients. If soda is added to sour milk it reacts immediately to release gas. When this is done some of the gas needed for leavening may be lost.

The rule is $\frac{1}{2}$ teaspoon soda for each cup of sour milk or molasses. Too much soda gives a disagreeable flavor and odor as well as a yellow color. **One-half teaspoon of soda plus 1 cup sour milk is equal in leavening power to 2 teaspoons of baking powder.**

Liquid

Milk is the best liquid to use for flavor, texture and food value. It also improves the color of the

crust. In any quick bread except popovers sour milk may be substituted for sweet if leavening agents are properly adjusted.

Fats

Fat is not soluble in the other ingredients of a batter. It holds apart particles of flour when liquid is added. For this reason fat tends to help make the baked product tender. Butter, margarine, hydrogenated fats or lard may be used satisfactorily in quick breads. Lard has greater shortening power than butter.*

TYPES OF QUICK BREADS

Quick breads are usually divided into two groups, batters and doughs. A batter is thinner than a dough. It may be poured from a pitcher or dropped in a soft moist mass from a spoon.

Doughs are somewhat stiffer, varying from soft doughs that may be dropped from a spoon to stiff doughs which are usually rolled out and cut into shapes. The following table shows types of Quick Bread which may be made from very thin batters to thick doughs.

Batters and Doughs

Kind of batter	Type of bread	Proportion of liquid to flour
Pour batter —Will pour easily from a spoon or a pitcher and can vary in degree of thinness	griddle cakes waffles popovers	1 cup liquid to 1 or $1\frac{1}{2}$ cups of flour
Drop batter —drops in soft moist mass from spoon	muffins nut bread spoon bread dumplings drop biscuits coffee cake	1 cup liquid to $1\frac{1}{2}$ to 2 cups flour
Soft dough —can be handled more or less easily	biscuits short cakes scones	1 cup liquid to 2 or $2\frac{1}{2}$ cups flour

*When substituting lard for butter or margarine, subtract two tablespoons lard for each cup of fat called for. When

substituting lard for hydrogenated fat, subtract $1\frac{1}{2}$ tablespoons lard for each cup called for.

POPOVERS

(a pour batter)

A top quality popover is high, light and puffy. It has a deep brown crust which is thick enough to prevent it from falling when removed from the baking cup. The inside is hollow and slightly moist. If desired the popovers may be dried out until crisp for use as a patty shell or to be filled with a favorite filling.

Have you ever watched popovers pop? If your oven has a glass door watch the thin batter crawl up the sides of the custard cup.

Each popover looks like a little tire. Then suddenly steam from inside puffs the popover up leaving the middle hollow and moist.

Popovers always double when baked to fill the custard cup about half full. Steam is the leavening agent in popovers. No baking powder or soda is used. Always make a slit in each popover (just before removing from the oven) to allow the steam to escape.

Popovers made with instantized flour need little mixing. The instantized flour blends quickly with the liquids.

Quick Popovers with Instantized Flour

- 1 level cup minus 2 tablespoons instantized flour
- 1/2 teaspoon salt
- 2 eggs
- 1 cup milk
- 1 tablespoon salad oil

Directions:

1. Remove eggs from refrigerator. Allow them to reach room temperature before using.
2. Turn on oven to 450°F.
3. Measure 1 level cup minus 2 tablespoons instantized flour.
4. Add salt to flour.
5. Mix together eggs, milk, and salad oil.
6. Add liquid to dry ingredients and mix with fork until well blended, about 1 minute.
7. Fill hot, well greased custard cups 1/2 full.
8. Bake at 450°F. for 25 minutes.
9. Reduce heat to 350°F. bake 15 to 20 minutes, or until browned. Prick with fork to let steam escape just before removing from the oven. For added crispness "crack" the oven door and allow popovers to dry out after the heat has been turned off.

How to Freeze Popovers

Leftover popovers may be frozen in plastic freezer bags or wrapped tightly in foil. Store at 0°F. no longer than two months. To reheat, place in slow oven about 300°F. and heat frozen popovers about 20 minutes.

Experiment: The Effect of Freezing on Popovers

Directions:

1. Prepare popovers for freezing and store at 0°F. for several days before demonstration.
2. Prepare one recipe of popovers (using the same recipe and method).
3. At the end of the baking period reduce oven heat to 300°F. and heat frozen popovers for 20 minutes.
4. Reheat fresh popovers if necessary and serve both products to judges for testing.

Results:

1. Which sample was preferred and why?
2. Do you recommend frozen popovers?
3. How would you serve them?



C. How Perfect were Your Popovers? good poor

- _____ Deep golden brown in color
- _____ Doubled in size, irregular and puffed
- _____ Hollow inside with few thin partitions
- _____ The crust was tender, crisp and crunchy
- _____ The flavor was mild and pleasing

Reasons for Possible Popover Failures

Poor Characteristics

Here's Why

Poor Volume

- Too low baking temperatures
- Overbeating with rotary beater
- Too much shortening in batter
- Too greasy pans
- Too little egg

Soggy

- Too short cooking time
- Crust not pricked to allow popover to dry out

Poor Color

Low oven temperature



WAFFLES

(a pour batter)

A top quality waffle is light, tender and even grained. It is golden brown in color and pleasing in flavor. A finer texture is obtained if the egg whites are beaten separately and folded in last.

Batter with sugar fails to remain crisp for any length of time. If you wish a crisp waffle, use a recipe without sugar. A thin waffle will be crisper. Thick waffles with soft bready centers never become crisp throughout.

Be sure the waffle iron is hot and greased according to the directions which come with the appliance.

Basic Waffle Recipe

- 1 1/2 cups flour
- 1/2 teaspoon salt
- 2 teaspoons sugar (optional)
- 3 teaspoons baking powder

- 1 cup milk
- 2 egg yolks well beaten
- 2 egg whites beaten stiff
- 3 tablespoons melted shortening

Directions:

1. Preheat waffle baker.
2. Mix and sift dry ingredients.
3. Add milk, egg yolks and melted shortening.
4. Fold in egg whites, which have been whipped until stiff peaks form.
5. Pour batter into waffle baker.
Bake until golden brown and crisp.
Lift from iron with a fork.
6. Serve with melted butter and warm syrup.
7. Yield: 8 to 12 waffles.

B. How Good Were Your Waffles? good poor

- _____ Deep golden brown evenly colored
- _____ Delicate crisp crust
- _____ Fine even light texture
- _____ Mild pleasing flavor

Basic Griddle Cake Recipe

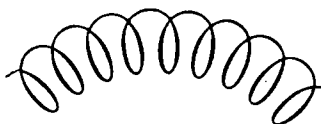
1 1/4 cups flour
1/2 teaspoon salt
2 teaspoons sugar

1 cup milk
1 egg
2 tablespoons melted shortening

Yield: 10 medium pancakes - 3 inches

Directions:

1. Mix and sift dry ingredients.
2. Combine beaten egg, milk and melted shortening.
3. Add liquid to dry ingredients, stir just until batter is moistened.
4. Bake on hot griddle.



MUFFINS

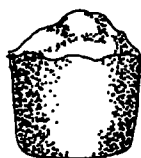
(a drop batter)

The word muffin is derived from the old French word **moufflet** which means soft bread. This soft moist bread is baked in cup-shaped pans.

Top-quality muffins are light and tender and have a moist even textured crumb, straight sides, and a slightly rounded top with rough, shiny, golden-brown crust. The secret for making light tender muffins is to stir only a few strokes, just enough to moisten. The batter is still lumpy. If the batter is overbeaten the muffins will have dull crusts which are peaked on top. They are likely to be coarse, tough and full of tunnels. Choose shiny pans because shiny metal reflects heat to give muffins a delicate brown crust.



Muffin
unbeaten



Just right



Over mixed

Grease only the bottoms of the pan as muffins have a better shape when sides are not greased. Line with paper cups if you wish to save dishwashing.

There are two common methods of making muffins. The **standard method** calls for sifting the dry ingredients into a bowl and making a well in the center. The eggs, milk and liquid shortening are combined and added to the dry ingredients all at once. Mixture is stirred quickly until dry ingredients are moistened. The **biscuit method** is so called because shortening is cut into the sifted dry ingredients (as for biscuits) until pieces of shortening are the size of small peas. The liquids are blended and added to the dry ingredients.

