

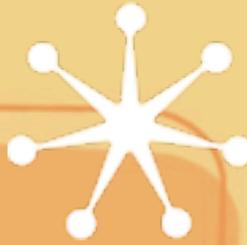
Baking Basics:

Ingredients



Flour

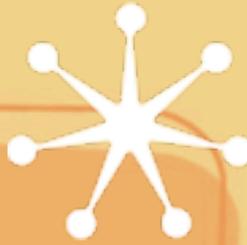
- **Flours**-give structure to baked goods
- **GLUTEN**: proteins that combine with liquid. (more gluten=more chewy)
- *All-Purpose*-most common, moderate protein
- *Whole-Wheat*-makes products denser and heavier, mixed in = parts with AP
- *Bread*-high gluten, for making yeasty breads.



Flour cont.

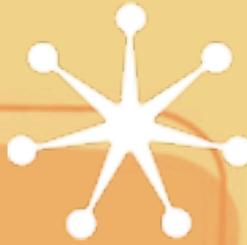
- *Cake and Pastry*-Less gluten, tender/ fine texture.
- *Gluten Flour*-high protein, mixed with low gluten flour
- Store in a cool, dry place, tightly covered to keep free from contaminants and moisture.





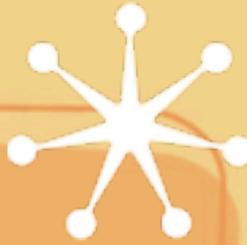
Liquids

- Help develop gluten and add structure and texture to baked goods.
 - Different liquids render different results.
 - Commonly used liquids: water, milk, juice, buttermilk, sour cream and yogurt.
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Doughs and Batters

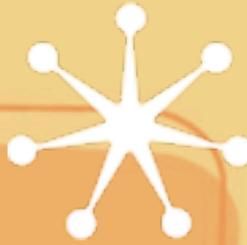
- Batters have more liquid and less flour.
 - Doughs have less liquid and more flour.
 - **POUR BATTERS:** thin and made from nearly equal parts of liquid and flour.
 - Cakes, pancakes and waffles.
 - **DROP BATTERS:** thicker mixture that contain twice as much flour as liquid.
 - Dropped by spoonfuls on a baking sheet.
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Doughs and Batters cont.

- **SOFT DOUGH:** have a ratio of one part liquid, three parts flour.
 - Sticky but moldable.
 - Basis of many yeast breads and rolled biscuits.
- **STIFF DOUGH:** have a ratio of one part liquid to 8 parts flour.
 - Easy to handle.
 - Pie crusts, rolled cookies.

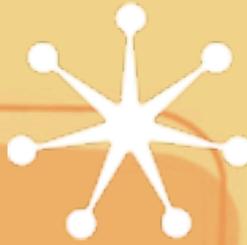




Leavening Agents

- **LEAVENING AGENT:** aka leavener, a substance that triggers a chemical reaction that makes baked product grow larger or rise.
 - Adds volume and height.
- *Air*-expands and rises the product. (angel food cake)
- *Steam*-must use large amount of liquid (popovers)

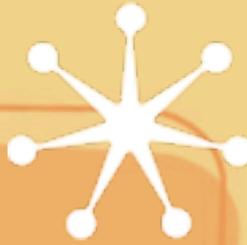




Leavening Agents cont.

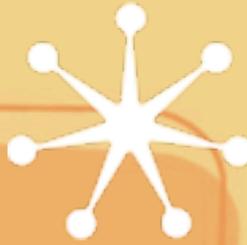
- *Baking Soda*-chemical reaction with acidic liquids which produces carbon dioxide and expands.
- *Baking Powder*-combo of baking soda and a dry acid such as cream of tartar. Releases some carbon dioxide.
- *Yeast*-leaves using carbon dioxide, a fungus that thrives on moisture and warmth. Feeds on sugar. Many varieties.





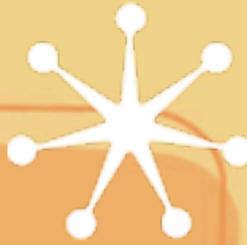
Fats

- Add richness and flavor to baked goods.
 - Helps crust brown, create tender texture.
 - Add volume by trapping air.
 - Common solid fat examples: butter, margarine, veg shortening, lard.
 - Different fats = different flavors.
 - Oil adds moistness and density, not volume. **NEVER SUBSTITUTE.**
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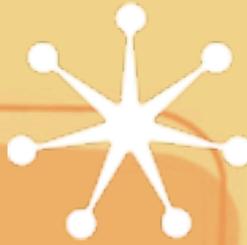
Sweeteners

- Add flavor and tenderness and help with browning.
 - **GRANULATED SUGAR**: highly refined sucrose crystals. (white sugar)
 - **CONFECTIONERS' SUGAR**: powdered sugar, pulverized granulated sugar.
 - **BROWN SUGAR**: granulated sugar coated with molasses.
 - Honey, Molasses and Corn Syrup
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Eggs

- Add flavor, color, richness and tenderness.
 - Yolks create an emulsion (binding liquids and fats in the recipe to keep them from separating)
 - Beating egg whites adds air and volume.
 - Heating will help set structure.
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Flavorings

- Changes texture, color and flavor
 - Spices
 - Liquid extracts
 - Dried fruit
 - Nuts
 - Chocolate
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