INTRODUCTION TO BAKING

"The ingredients and techniques used in the bakeshop are incredibly versatile. The challenge to the baker or pastry chef is to use them properly to get the most perfect result."

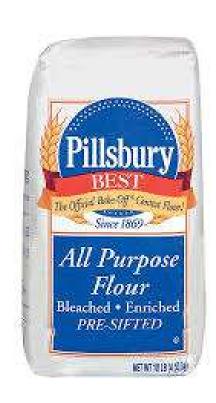
Bakeshop Ingredients

OFlour

- Most important ingredient
- Wheat flour is most commonly used
 - Right amounts and types of certain proteins
 - Glutenin and gliadin
 - Gives structure to yeast-raised dough

• • All-Purpose Flour

- OBlend of half low protein and high protein wheat
- Most common



• • Bread Flour

- OContains more protein
- •Yeast bread recipes



• • Cake Flour

- OLeast amount of protein
- OCake, muffin and cookie recipes

Provides less chewy and more tender

texture



Whole Grain and Stone-Ground Flour

- To leave some of the bran in tact
- OStone mill wheels and is produced in small batches
- Retain more oil and fat



• • • EGGS

- OProteins, fat and moisture
- OStructure and texture
 - EGG SUBSTITUTE
 - Color, flavor and texture



• • LEAVENERS

OIncreases the volume of a dough or batter by adding air or other gas

• • Organic Leaveners

OYeast

- A tiny single-celled organism
- Moisture, warmth and food
- 60 degrees and 90 degrees



Chemical Leaveners

- O Baking powder
 - Moisture and heat
 - Bubbles form
- O Baking Soda
 - Acidic ingredient
- O Blended
 - Chemical reaction produces a gas and bubbles form
 - Spongy, springy texture, crumb
 - Improper blending
 - Tunnels and air bubbles



• • Physical Leaveners

OSteam and Air



• • • FAT

- OCritical to the success of most baked goods
 - Flavor
 - Texture
 - Freshness



• • SWEETENERS

- OGranulated Sugar
 - Refined from sugar cane or sugar beets
- Superfine Sugar
 - Granulated sugar that is finely ground
- Confectioner's Sugar (powdered sugar)
 - Been ground into a fine powder

• • SWEETNERS continued

OBrown Sugar

 Dark molasses combined with white sugar

• Molasses

 Sweet, brownish-black syrup has a bitter flavor

OHoney

 Ranging in color from very light to almost as dark as molasses

• • SWEETNERS continued

- OMaple Syrup
 - Boiled-down sap of maple trees
- OCorn Syrup
 - Made from corn starch



• • • ACID

- Change the structure of proteins
 - Known as denaturing

Oexamples

- Citrus and other fruit juices
- Wine
- Vinegar
- Yogurt
- buttermilk



• • • Salt

- OPowerful flavor enhancer
- Controls the activity of yeast



• • Thickeners

- Cornstarch and Arrowroot
- OGelatin
 - Used as s gelling agent to thicken and stabilize foams or liquid
- **O**Pectin
 - Works like gelatin
- Tapioca
 - Made from cassava root
- Other Thickeners