



# 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

## ○ Flour

- 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

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



# Bread Flour

- Contains more protein
- Yeast bread recipes



# Cake Flour

- Least amount of protein
- Cake, 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
- Stone mill wheels and is produced in small batches
- Retain more oil and fat



# EGGS

- Proteins, fat and moisture
- Structure and texture
  - EGG SUBSTITUTE
    - Color, flavor and texture





# LEAVENERS

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



# Organic Leaveners

## ○ Yeast

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



# Chemical Leaveners

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



# Physical Leaveners

## ○ Steam and Air



# FAT

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





# SWEETENERS

## ○ Granulated 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

## ○ Brown Sugar

- Dark molasses combined with white sugar

## ○ Molasses

- Sweet, brownish-black syrup has a bitter flavor

## ○ Honey

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

# ● ● ● | SWEETNERS continued

## ○ Maple Syrup

- Boiled-down sap of maple trees

## ○ Corn Syrup

- Made from corn starch



# ● ● ● | ACID

- Change the structure of proteins
  - Known as denaturing

## ○ examples

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







# Salt

- Powerful flavor enhancer
- Controls the activity of yeast



# Thickeners

## ○ Cornstarch and Arrowroot

## ○ Gelatin

- Used as a gelling agent to thicken and stabilize foams or liquid

## ○ Pectin

- Works like gelatin

## ○ Tapioca

- Made from cassava root

## ○ Other Thickeners

