

Fun Nutrition

Making Quick Breads

Purpose:

- Learn tips for making quick breads
- Practice making and baking a quick bread, or mixing one to take home to bake
- Evaluate baked product by appearance and taste

Definition ... The term “quick bread” refers to any bread that uses chemical leaveners (baking powder and/or baking soda) instead of yeast and requires no kneading or rising time.

Additions and Substitutions ... Quick bread recipes are fairly versatile – adding and substituting ingredients is more successful than with most other baked goods. To lower fat, reduce the oil with an equal amount of almost any fruit puree such as applesauce or mashed bananas.

The Magic is in the Mixing ... For a moist and well-shaped quick bread, be careful in mixing.

1. Combine dry ingredients including flour, leavener, salt and spices in one bowl and mix them thoroughly.
2. In another bowl, beat together the fat (oil), sugar and eggs in the order the recipe advises.
3. Stir any other ingredients such as fruit or fruit puree, nuts, or flavorings into the wet ingredients.
4. Only when each bowl of ingredients is mixed thoroughly should they be combined.

5. Make a well in the center of the dry ingredients. Slowly add the wet ingredients and gently fold them together with a spatula.
6. Do this carefully by hand.
7. Only stir until all the dry ingredients are moistened. Don't worry about a few lumps, as they will disappear during baking.

Troubleshooting

- *Bread sticks to pan ...* always grease the pan before pouring in the batter. Only grease the bottom of the pan. The best thing to use for greasing the pan is shortening, because its melting point is higher than any other kind of fat, and it maintains a "shield" between the pan and the batter while bread is baking. A liquid form of fat such as vegetable oil will simply get absorbed into the batter. Prevent sticking by removing the bread from the pan within a few minutes of taking it out of the oven.
- *Big holes and 'tunnels' in the bread ...* the problem is usually caused by over mixing.
- *There's a big crack down the middle of the quick bread loaf ...* that's OK.
- *The bread looks done on the outside but it's still raw in the middle ...* be sure to use the size pan that is called for in the recipe. Don't use a muffin recipe. If the outside of the bread is done before the middle, try lowering the oven temperature and/or putting a loose tent of foil over the top of the bread so it won't burn before the middle has time to catch up.



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Review:

- How to measure dry ingredients
- How to measure wet ingredients
- Abbreviations used in recipes

OATMEAL QUICK BREAD

Grease and flour the bottom of your bread pan(s).

Combine in one bowl and mix well:

- 1 ½ c. flour
- 1 c. quick oats, uncooked
- 1 tsp. cinnamon
- 1 tsp. baking powder
- ½ tsp. baking soda
- ¼ tsp. salt

In a separate bowl, combine and mix well:

- 1 egg, beaten
- ¼ c. oil
- ½ c. brown sugar
- 1 c. low-fat buttermilk

Fold wet ingredients into dry ingredients, mixing just until moist. Divide in half. Ingredients should fill two, 3" x 6" bread pans. Bake in 350 F preheated oven for 25 – 30 minutes. Or, cover with plastic wrap and take directly home.

Refrigerate immediately, and until able to bake.

Bake within 24 hours of mixing. **Bake only with adult supervision.** Preheat oven to 350 degrees F. Bake 25-30 minutes or until a toothpick stuck in the middle of the loaf comes out clean. Cool. Remove carefully from the pan and cool on a rack.

EVALUATE YOUR BREAD

External Characteristics

1. Shape - uniform, well rounded top, free from peaks
2. Size - uniform, standard in size, large in proportion to weight
3. Color - uniform, golden brown
4. Crust - tender, pebbled or slightly rough, may be cracked

Internal Characteristics

1. Color - creamy white or slightly yellow, free from streaks, characteristic of recipe
2. Grain - uniform, moderately fine, free from tunnels
3. Texture - tender, moist, light

Flavor

1. Blended, pleasing flavor
2. Characteristic of the recipe used

