Flour Mixtures

What is a flour mixture?

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* Examples:
* -Pastries
* -Biscuits
* -Cookies
* -Muffins

What is a quick bread?

A baked product prepared quickly and easily without yeast.

It is leavened (able to rise) with baking soda or baking powder.

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Yeast breads rise slowly as they are leavened with yeast

Types of Flour Mixtures:

|  |  |  |  |
| --- | --- | --- | --- |
| **Classification** | **Liquids** | **Flour** | **Examples** |
|  | 1 (250mL) | 1 (250mL) | Pancakes, crepes |
| Thick Batter 1:2 | 1 (250mL) |  | Muffins, cookies |
| Soft Dough 1:3 |  | 3 (750mL) | Biscuits, bread |
| Stiff Dough 1:4 | 1 (250mL) | 4 (1000mL) |  |

Batter: thin enough to be poured or dropped onto a baking surface

Dough: thick enough that it must be kneaded to complete mixing and then shaped

Ingredient Review:

**Flour:**

-Provides gluten, a protein substance, which forms elastic strands when mixed with liquid

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**Liquid:**

-Needed to develop gluten in flour

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-Examples: milk, water, juice, eggs, flavourings, oil, melted fat

**Fat:**

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-Can affect flavor and colour of recipe

-Examples: oil, butter, margarine, shortening, lard

**Eggs:**

-Holds (or binds) ingredients together

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**Leaveners:**

-An ingredient or combination of ingredients

-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: helps a product rise and becomes light and pourous

-Air, steam, CO2

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-Examples: yeast, baking powder, baking soda, liquid, air

**Sugar:**

-Adds colour to product due to browning or caramelization

-Increases tenderness (absorbs water, preventing gluten development)

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**Salt:**

-Enhances flavor of other ingredients and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of yeast

**Flavourings:**

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-Examples: spices, herbs, extracts (i.e. vanilla)

Combining Ingredients:

**Creaming:**

Soften fat and sugar by rubbing/pressing against \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Stirring, Combining, Mixing:**

Use a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to distribute ingredients in a fast, circular motion

**Beating, Whipping:**

Using a wooden spoon, whisk, or beater in rapid, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, combine ingredients to add air

**Folding:**

Use a rubber spatula to cut vertically through a mixture, sliding across the bottom of the bowl, up the sides, then turning over

**Tossing:**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Cutting In:**

Using a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to cut solid fat into dry ingredients until the size of small peas (or rolled oats)

**Kneading:**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Push down and away with the heels of your hands. Turn a ¼ turn after each push

**Rolling:**

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