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**Blk:** \_\_\_\_\_\_\_\_ **Unit:** \_\_\_\_\_\_\_

**YEAST BREAD INFORMATION**

Bread is one of the staple foods of most cultures around the world. It is such an important part of the diet that it has come to be known as the *staff of life*. In most European cultures, bread has only three main ingredients: water, flour and yeast.

Yeast is a microscopic plant which produces carbon dioxide gas as a by product of its growth. Its growth is controlled by three main things: warmth, moisture and food. Warmth is a crucial factor. The yeast is active between 10°C and 60°C. It grows best at 25°C to 50°C. 60°C is the thermal death point of yeast. This means that you can kill yeast if you heat it more than 60°C.

The CO2 produced by the yeast is the leavener in yeast breads.

There are many different methods of making bread; most are variations of the *straight dough method*. This method has 7 steps:

1. **Assemble** the ingredients:
   1. **Flour:** to provide gluten structure.
   2. **Yeast:** a leavening agent that produces CO2.
   3. **Water:** softens yeast and provides needed moisture.
   4. **Sugar:** is used to feed the yeast. Too much or too little affects the growth of yeast.
   5. **Salt:** enhances flavours.
   6. **Fat:** lubricates the structure.
   7. **Eggs:** add food value, flavour and colour.
   8. **Milk:** produces bread with a finer grain than bread made with plain water.
   9. **Spices, extracts and fruits:** add flavour but must be added in correct proportions to avoid negative effects on yeast.
2. **Mixing:**

C:\Documents and Settings\hp18203.214-SW-KCGX4W9\Local Settings\Temporary Internet Files\Content.IE5\5I2SWIGA\MC900440550[1].wmfYeast is softened in warm water and added to the rest of the warm liquid required. Beat 1/3 of the flour into the liquids vigorously to develop the gluten network. Stir in additional flour until dough forms a ball and pulls away from the sides of the bowl. Turn onto floured counter.

1. **Kneading:**

Use first few kneading motions to incorporate flour until dough is no longer wet and sticky. Then knead vigorously until the dough is smooth, satiny and pliable with gas bubbles (bubbles should look like small blisters). Knead at least as long as the recipe specifies. Under-kneading is more common than over-kneading when working by hand.

1. **Rising:**

Form dough in a ball, place in an oiled bowl; oil the surface of the dough and cover. Leave in a draft-free area and let it double in size. Test by poking the dough; if dough doesn’t spring back its ready.

1. **Shaping:**

Divide dough evenly into loaves or rolls and knead lightly to eliminate large bubbles. Place in greased pans, cover and *proof* (let rise again to double in size) in a warm draft-free area.

1. **Baking:**

Preheat oven while bread *proofs*; stagger pans. Bread will rise again rapidly for a little while in the oven. This is known as ‘oven-spring’. When done, the bread will be nicely browned and pull away from the sides of the pans. It produces a hollow sound when the bottom crust is tapped. Bread should be removed from pans immediately to cooling racks to prevent steam from building up and creating sogginess.

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