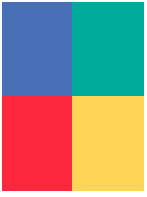


FAVORITE FAMILY RECIPES: QUICK BREADS



TEACHER'S
GUIDE



Favorite Family Recipes: Quick Breads

Teacher's Guide



INTRODUCTION

This Teacher's Guide provides information to help you get the most out of *Quick Breads*. The contents of the guide will allow you to prepare your students before using the program and present follow-up activities to reinforce the program's key learning points.

LEARNING OBJECTIVES

Favorite Family Recipes: Quick Breads introduces traditional quick breads--what they are (and are not), how they are made and how they are enjoyed at every meal. This program demonstrates how to make both batter-based and dough-based quick breads.

After viewing this program, students will be able to...

- Describe the function of yeast as a leavening agent
- Distinguish between a yeast bread and a quick bread from a baked sample
- Explain how the ratio of dry to wet ingredients affects a quick bread's texture
- List three leavening agents used in quick bread recipes
- List three examples of breakfast quick breads
- List three examples of lunch/dinner quick breads
- List three examples of batter quick breads
- List three examples of dough quick breads
- Describe three tests for doneness used when baking quick breads
- Provide serving suggestions for the four quick breads prepared in this video (ginger-bread, bran muffins, drop biscuits, Irish soda bread)

EDUCATIONAL STANDARDS

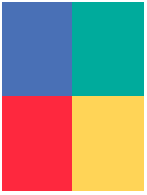
This program correlates with the National Standards for Culinary Arts, Nutrition, and Food Management.

After viewing this program the student is expected to:

- Demonstrate skills and procedures in applying principles of food preparation.
- Understand equipment handling, cooking methods, scaling and measurement techniques, and time and temperature in relation to cooking and cooling.
- Apply food selection and preparation guidelines related to quick breads.
- Identify examples of quick breads, such as muffins, pancakes, waffles, biscuits, corn bread, nut/fruit bread, popovers.
- Identify the role of each ingredient contained in quick breads.
- Actively participate in the preparation of quality complex carbohydrate food product(s).

PROGRAM OVERVIEW

This video introduces students to the differences in the preparation of yeast breads and quick breads and how they differ in appearance and texture, and teaches them how to prepare four classic quick bread recipes. Unlike yeast breads, quick breads use baking soda, baking powder and/or eggs (or egg whites) as leavening agents. These leavening agents don't require time to rise (they rise during preparation and cooking), and so quick breads are easy, quick, and make great recipes for novice bakers. This program assumes no food preparation skills or knowledge on the part of the viewer. However, please note: these recipes require the use of an oven and a sharp knife. Please determine whether your students are appropriately trained in basic kitchen safety.



MAIN TOPIC AREAS

■ Topic 1: Yeast breads

Yeast bread recipes call for yeast, a microscopic plant that gives off gasses that are then trapped in the dough, creating air bubbles. These bubbles cause the bread to rise. Yeast breads can require several hours to rise.

Topic Theme: Yeast breads can be recognized by their light, airy texture. Examples of yeast breads include sandwich breads (white, whole wheat, etc.), sandwich rolls, and hot dog and hamburger rolls.

■ Topic 2: Quick breads

Quick breads don't use yeast as a leavening agent. Instead, they use baking soda, baking powder, or eggs. Because they don't use yeast, quick breads don't require time to rise.

Topic Theme: Quick breads are easy, fast, and perennial family favorites.

■ Topic 3: Ratio of wet to dry ingredients

All quick bread recipes call for a mixture of both wet and dry ingredients. The ratio of wet to dry determines the final texture of the finished bread.

Topic Theme: The texture of a finished quick bread can range from dry and crumbly (cornbread) to light and springy (gingerbread) to dense and moist (date nut bread).

■ Topic 4: Batter quick breads

Batter quick breads use a higher ratio of wet to dry ingredients than dough quick breads. Because of this, they begin as a liquid batter that can be poured or spooned.

Topic Theme: Batter quick breads: waffles, crepes, gingerbread, muffins.

■ Topic 5: Dough quick breads

When less liquid is called for in a recipe, a dough is produced. The dough can be sticky (moist) as in the case of drop biscuits or scones. With even less liquid, the dough produced is a workable, freestanding dough like Irish soda bread.

■ Topic 6: The preparation of various quick breads

Four sample quick bread recipes are demonstrated:

1. Gingerbread: poured batter (uses a baking dish)
2. Bran Muffins: spooned batter (uses a muffin pan)
3. Drop Biscuits: wet dough (uses a baking sheet)
4. Irish Soda Bread: stiff dough (free-standing loaf; uses a baking sheet)

Topic Theme: The process of preparing quick breads involves mixing various amounts of dry and wet ingredients. The ratio of wet to dry ingredients (among other things) determines the finished texture of the quick bread.

■ Topic 7: Quick bread accompaniments

Many quick breads taste great all by themselves, but most taste even better with a topping. Suggested toppings include butter, honey, jams, and jellies.

FAST FACTS

1. The texture of the finished quick bread is determined by the ratio of wet to dry ingredients. More wet, the batter or dough is pourable or spoonable; with less liquid, the dough is stiffer and workable.
2. There are easy-to-make quick breads for every meal.
3. Quick breads use baking powder, baking soda, or eggs as leavening agents, unlike yeast breads which, of course, use yeast.



VOCABULARY TERMS

Cut: To add chilled butter (or other ingredients) to a dry mixture using a knife and/or fork. The butter is finally mixed into the dry ingredients in small globules.

Baking soda, baking powder: Baking soda and baking powder are leavening agents available in the baking section of any market.

Leavening agent: Any recipe ingredient that causes bread to rise. Common leavening agents include yeast, baking soda, baking powder, eggs, and beaten egg whites.

Quick bread: A bread that does not use yeast as a leavening agent. Quick breads use baking soda, baking powder, or eggs to leaven the bread.

Yeast: Yeast is a microscopic plant. When added to a bread recipe, the yeast gives off gasses that cause the bread to rise.

PRE-PROGRAM DISCUSSION QUESTIONS

1. Do you have any favorite family recipes? Do you use recipes in your home that have been handed down over the years? Describe one.
2. What do you know about making and baking bread? Have you ever done it? What was the experience like?
3. What do you know about quick breads? How are they different from other breads we eat?
4. How many quick breads can you name?

POST-PROGRAM DISCUSSION QUESTIONS

1. How can quick breads be used to make an ordinary meal special? Provide examples.
2. What's the difference between a "scratch" quick bread and a packaged mix? Can you tell the difference? Is it worth the extra effort to bake from scratch?
3. When baking quick breads, describe the importance of using quality ingredients. Are there opportunities to cut costs by cutting corners?
4. What makes favorite family recipes so special?
5. Which of your family's favorites will you pass along to your children?

GROUP ACTIVITIES

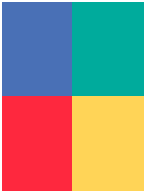
1. *This is a cross-curriculum, multimedia activity that introduces students to a variety of types of research (field, media center, Internet), provides a framework for the collation of research results, and demonstrates how an organized approach to any task leads to efficiency.*

Classroom Uses

- Historical research
- Multimedia research
- Development of assessment and evaluation skills
- Development of presentation skills
- Meal planning and preparation

Task: To obtain through a variety of field research, school media center research, and Internet research, traditional recipes from American history. Using these resources, students will be able to develop a series of dinner menus as follows:

Part I. Divide the class into small groups (2-3 per group). Each group will work as a team, dividing the workload as each determines.



Part II. Each group will develop a menu for a typical family dinner for the following time periods: 1600s, 1700s, 1800s, and 1900s.

- Each menu should include a main course made up of a meat or fish dish, a vegetable dish, and a carbohydrate-rich dish (bread, potatoes, rice, pasta, etc.), and a dessert.
- Recipes for each dish should be included with each menu. Sources for each recipe should also be required.
- Each group should prepare one of their selected traditional recipes for a class taste-testing.
- More advanced students can be asked to contemporize a traditional recipe, bringing it up to date for today's tastes.

Question: How have traditional recipes changed over the years (e.g., the use of sugar and other ingredients, cooking tools, methods of food preservation, etc.)? How have some recipes remained the same through the centuries (e.g., same basic ingredients, methods of preparation, etc.)?

2. *This is an activity that requires students to apply practical mathematics to an every-day task.*

Classroom Uses

- Practical math
- Food preparation
- Development of problem-solving skills

Task: To adapt a given recipe to serve more or less people

Part I. Using the sample recipes included in this guide, ask students to develop recipes for a double or triple batch of each.

Part II. Using the same recipes, ask students to develop recipes for half batches of each.

Question: Is it necessary to change the cooking time in a recipe when you prepare a double batch? A half batch? Why or why not? And, how could you test your answer?

3. *This activity requires students to work as a team to compile a Class Cookbook.*

Classroom Uses

- Development of organizational skills
- Cooperation and teamwork
- Development of collation and sorting skills, writing skills
- Development of computer graphics and layout skills

Task: Develop a Class Cookbook using favorite family recipes contributed by students.

Part I. Ask each student to bring in recipes for three of their family's favorite recipes.

Part II. Divide the class into different groups as follows:

Research Department

- Collects recipes
- Culls duplicates and recipes that are too similar
- Collates recipes by type of dish
- Checks facts

Editorial Staff

- Rewrites recipes as necessary

- Enters all text on computer
- Maintains safety backup
- Prepares a table of contents
- Prepares an introduction to the cookbook
- Proofs all final text

Photography Department

- Organizes a photo shoot of some of the dishes included in the cookbook
- Prepares tabletop displays for their subjects
- Lights and photographs sample dishes
- Selects best shots for use in the finished cookbook

Graphics and Layout

- Using a simple computer graphics and layout program, develops the look of the finished cookbook (type fonts, page layouts, etc.)
- Outputs page proofs for review by other departments
- Makes changes called for by other departments
- Outputs finished cookbook in both print and digital formats

Question: How would you change your process for developing the cookbook to make the process smoother and more efficient? What mistakes would you avoid next time?

INDIVIDUAL STUDENT PROJECTS

1. Have each student collect three favorite family recipes to share with the class. Each student can also prepare a family favorite for a class taste-testing.
2. Each student will collect the URLs for five Internet sites related to quick breads and baking (tips, recipes, etc.) and prepare a one-paragraph review of each site.
3. Students will provide a written description of the nutritional information contained in one serving of any of the recipes demonstrated in the video.
4. Students will obtain five quick bread recipes using media center resources, and find at least one way to change (personalize) each.
5. Each student will locate a quick bread recipe using media center resources and prepare the recipe as a presentation to the class.

ASSESSMENT QUESTIONS

Q: Do quick breads use twice as much yeast as traditional yeast breads, half as much yeast, or no yeast?

A: Quick breads do not use yeast as a leavening agent.

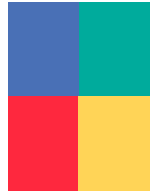
Q: What is a leavening agent?

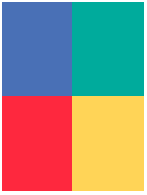
A: A leavening agent is an ingredient used in a bread recipe that causes the bread to rise.

Q: What are the three leavening agents commonly used in quick bread recipes?

A: Baking powder, baking soda, and eggs (whole or egg whites).

Q: How does the ratio of wet to dry ingredients affect the final texture of a baked quick bread?





A: The ratio of wet to dry ingredients is a key factor in determining the texture of the finished bread. Quick breads that call for a lot of liquid tend to be softer and springier than breads that call for a higher ratio of dry ingredients.

Q: Provide an example from the video of each of the following: a poured batter quick bread, a spooned batter quick bread, a sticky (wet) dough quick bread, and a stiff dough quick bread.

A: Poured batter: gingerbread; spooned batter: bran muffins; wet dough: drop biscuits; stiff dough: Irish soda bread.

ADDITIONAL RESOURCES

Better Bread, DVD

This four-part series guides viewers through professional baking techniques that lead to stunning bread results. Promoting an Old World sensibility, world-renowned baker Ciril Hitz gives step-by-step instruction in planning and crafting a diverse menu of breads. Chef Hitz brings a unique expertise to the field of artisan bread, having graduated from the prestigious Rhode Island School of Design before completing a 3-year Pastry/Chocolate apprenticeship in his native Switzerland. He is currently department chair of the International Baking and Pastry Institute at Johnson & Wales University. (33-113 minutes) © 2006

Includes: **Better Bread: Baguette to Pretzel • Better Bread: Laminated and Sweet Doughs • Better Bread: Enriched Doughs • Better Bread: Quick Breads**

Order #36638 1-888-727-5507 www.meridianeducation.com

The Basic Steps of Baking Bread and Laminating Dough, DVD

Highest-quality pizza doughs, baguettes, hard rolls, and focaccia are within reach! Part one of this program from the Culinary Institute of America examines ingredients and equipment needed for lean doughs, demonstrates the straight-dough mixing method for lean doughs, and offers shaping and scoring techniques that will produce the best-looking breads and rolls. Part two covers the essentials of making laminated dough for use in puff pastry, Danishes, and croissants, including key ingredients and formulas; mixing, rolling, and shaping methods; and criteria for evaluating quality in finished bread products. Not available for preview. (44 minutes) © 2007

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allrecipes: A Worldwide Community Cookbook

Baking Quality Quick Breads

<http://www.allrecipes.com/cb/w2m/weeklyspecially/quickbread/default.asp>

baking911.com

Quick-Breads, Muffins, Scones, Biscuits, and More ...

provides tips and recipes

<http://www.baking911.com/quikbrds101.htm>

Making Quick Breads, by Barbara Karoff. Storey/Garden Way Publishing Bulletin, 1992.

The Best Quick Breads, by Beth Hensperger. Harvard Common Press, 2000.



FAVORITE FAMILY RECIPES: QUICK BREADS

Traditional Gingerbread

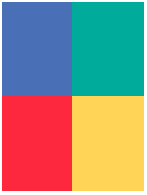
1/2 cup butter	1 teaspoon ground ginger
1/2 cup sugar	1/2 teaspoon salt
1 egg (at room temperature)	1/2 cup molasses
2 1/2 cups unbleached flour	1/2 cup honey
1 1/2 teaspoons baking soda	1/2 cup hot tap water
1 teaspoon cinnamon	

1. Preheat oven to 350 degrees.
2. In a large saucepan, melt 1/2 cup of butter and let it cool before adding 1/2 cup sugar and 1 egg. Beat these ingredients well with a wire whisk and set the mixture aside.
3. In a large bowl, mix 2 1/2 cups of unbleached flour, 1 1/2 teaspoons of baking soda, 1 teaspoon of cinnamon, 1 teaspoon of ground ginger, and 1/2 teaspoon of salt. Set aside.
4. In a second bowl, combine 1/2 cup of molasses, 1/2 cup of honey, and 1/2 cup of hot tap water and mix well with a spoon.
5. To the butter mixture in the saucepan add a small amount of the dry ingredients and a small amount of the liquid ingredients, and mix well. Repeat this process, gradually mixing all of the ingredients in the sauce pan.
6. Pour the batter into a 9x9 inch baking dish that has been greased with a little butter. Smooth out the dough with a spatula to fill in all the corners. Cook in a 350 degree oven for about one hour.
7. Test for doneness by inserting a toothpick into the center of the gingerbread. If the bread is done, the toothpick will be dry when removed.
8. Remove the gingerbread from the oven and let cool slightly before serving.
9. Top the gingerbread with whipped cream, ice cream, or confectioners' sugar, or serve with butter, honey, or jam.

Bran Muffins

butter (to grease muffin pan)	1 cup unbleached flour
1 egg	3 teaspoons baking powder
1 cup whole milk	1/4 cup sugar
2 tablespoons butter	1/2 teaspoon salt
1 cup bran	1 cup raisins

1. Preheat oven to 375 degrees.
2. Grease a 12 cup muffin pan with butter.
3. In a large mixing bowl add 1 slightly beaten egg, 1 cup of whole milk, 2 tablespoons of melted butter, and 1 cup of bran. Stir gently (enough to mix all of the ingredients). Set the mixture aside for 10 minutes.
4. After 10 minutes, add to the mixture 1 cup of unbleached white flour, 3 teaspoons of baking powder, 1/4 cup sugar and 1/2 teaspoon of salt. Finally, add 1 cup of raisins.
5. Gently stir the dry ingredients into the mixture--just enough to dampen them. (The batter should be slightly stiff.)
6. Spoon the batter into the 12 cups of the muffin pan, filling each cup about 2/3 full.
7. Bake in a 375 degree oven for about 20 minutes. (Don't overcook.)
8. Remove the muffins from the pan and place them on a wire rack to cool.
9. Serve with butter, honey, or jam.



Old-Fashioned Drop Biscuits

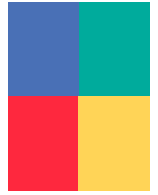
- 1 3/4 cups unbleached flour
- 1/2 teaspoon salt
- 3 teaspoons baking powder
- 5 tablespoons chilled butter
- 1 cup whole milk

1. Preheat the oven to 450 degrees.
2. In a large bowl, place 1 3/4 cups of unbleached flour, 1/2 teaspoon of salt and 3 teaspoons of baking powder. Sift these dry ingredients together using a strainer or sifter.
3. Into the flour mixture, cut 5 tablespoons of butter until it's thoroughly mixed.
4. Create a small well in the mixture; pour 1 cup of whole milk into the well.
5. Stir just until all ingredients are blended. (Don't overstir)
6. Using a large spoon, drop small globs of dough onto an ungreased cookie sheet. Be sure to leave room between each biscuit to ensure even cooking.
7. Bake in the middle of a 450 degree oven for 12 to 15 minutes, until golden brown on top. Be sure not to overcook (the bottoms burn easily).
8. Serve with butter, jam or honey, or as a side dish to a dinner.

Irish Soda Bread

- 4 cups unbleached flour
- 1 tablespoon salt
- 3/4 tablespoon baking soda
- 3/4 tablespoon baking powder
- 1 3/4 cups buttermilk

1. Preheat oven to 375 degrees.
2. In a large bowl, combine 4 cups of unbleached white flour, 1 tablespoon salt, 3/4 teaspoon of baking soda, and 3/4 teaspoon of baking powder. Gently mix all the dry ingredients to distribute the baking soda and baking powder.
3. Measure out 1 3/4 cups of buttermilk. Slowly, add enough to create a kneadable dough.
4. Lightly flour the work surface and gently knead the dough for about 2 minutes.
5. Shape the dough into a rounded loaf and place on a well-buttered cookie sheet.
6. Use a sharp, floured knife, to cut a cross into the top of the loaf.
7. Bake in a 375 degree oven for 35 to 40 minutes. The finished loaf should produce a hollow sound when tapped.
8. Place the bread on a rack to cool.
9. Slice thin and serve with butter, jam, or honey, or as a side dish to a stew or soup.



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