

Study Guide

Baking Basics

Directions: Read chapter 42, and answer the following questions. Later, you can use this study guide to review.

1. List the basic ingredients used when baking.

2. Describe gluten. What role does it play in baked goods?

3. List and describe five types of wheat flour used in baking.

4. Explain why you should store flour in a tightly covered container after the bag is opened.

5. Name the thinnest and thickest mixtures used in baking. Explain the difference between them, and name the type of baked good each mixture is suitable for.

6. Define a leavening agent.

7. Explain how steam and yeast make a baked product rise.

(Continued on next page)

Chapter 42 Study Guide (continued)

8. When oil is called for in a recipe, why should you only use oil?

9. What roles do sweeteners play in baked goods? Name four commonly used sweeteners.

10. Describe why the proper oven temperature and correct pan are important in baking.

11. Name three ways to prepare a pan for baking.

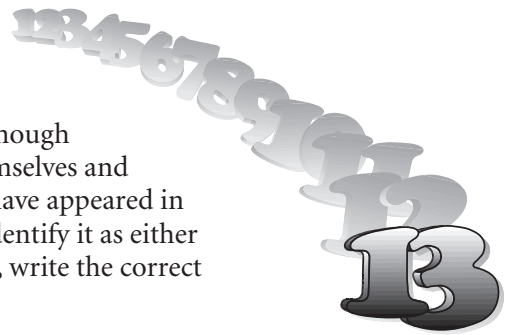
12. Explain why it is advisable to leave spaces between pans while they bake in the oven.

13. In general, what adjustments would you make when using a convection oven rather than a conventional oven?

14. Explain the benefits of cooling baked goods on a wire rack when they come out of the oven.

Activity 1**Baking Basics****Baker's Dozen**

Directions: The term baker's dozen refers not to 12 items, as in a standard dozen, but 13. It traces its origins to the sixteenth century, when the phrase was used as a code among bakers in the courts of kings. Whenever these early artisans received orders to bake a dozen cakes for a banquet or feast, they would routinely requisition enough ingredients to make a “baker's dozen—keeping the extra cake for themselves and their families. Below are a baker's half dozen”—six—tips that might have appeared in a recipe book for baking in the late Middle Ages. Read each tip, and identify it as either fact or fancy in terms of the current state of food science. If it is fancy, write the correct explanation in the space provided.



Tip 1. One ought to take great care, when crafting a baked good that is to rise up high in the pan, to include a liquid of some kind. Once placed in the hearth this same liquid—be it milk of cows, soured milk [buttermilk], or water from the well—will alone yield the desired outcome. Omit the liquid, and a flat pancake shall be the result no matter what else is used in the receipt [recipe].

Fact or fancy: _____

Corrected information: _____

Tip 2. When the whole of the grain alone be used in bakery [baked goods], a much weightier product be your lot [the result].

Fact or fancy: _____

Corrected information: _____

Tip 3. One may add spice (viz., clove, nutmeg, allspice) to bakery for sweetness. One may add as well the cane of the sugar plant, be it in syrup or powdered form; this too shall sweeten the product, though no other known purpose be served by its addition.

Fact or fancy: _____

Corrected information: _____

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Chapter 42 Activity 1 (continued)

Tip 4. Fat, such as lard or dairy butter, lends bakery a rich flavour and ensures, moreover, that a cake be tender. One need use only the tiniest trace to derive these benefits.

Fact or fancy: _____

Corrected information: _____

Tip 5. It has been noted elsewhere—and bears repetition herein—that when thickened cream or custard be used to fill cakes or other sweet bakery, such end products must be consumed at once or stored without in the chill winter air; otherwise, the product may turn rank and most unappetizing.

Fact or fancy: _____

Corrected information: _____

Tip 6. Upon removing bread from the hearth, turn it out upon a grate, lest the loaf turn damp from direct placement upon the table top or baker's bench.

Fact or fancy: _____

Corrected information: _____
