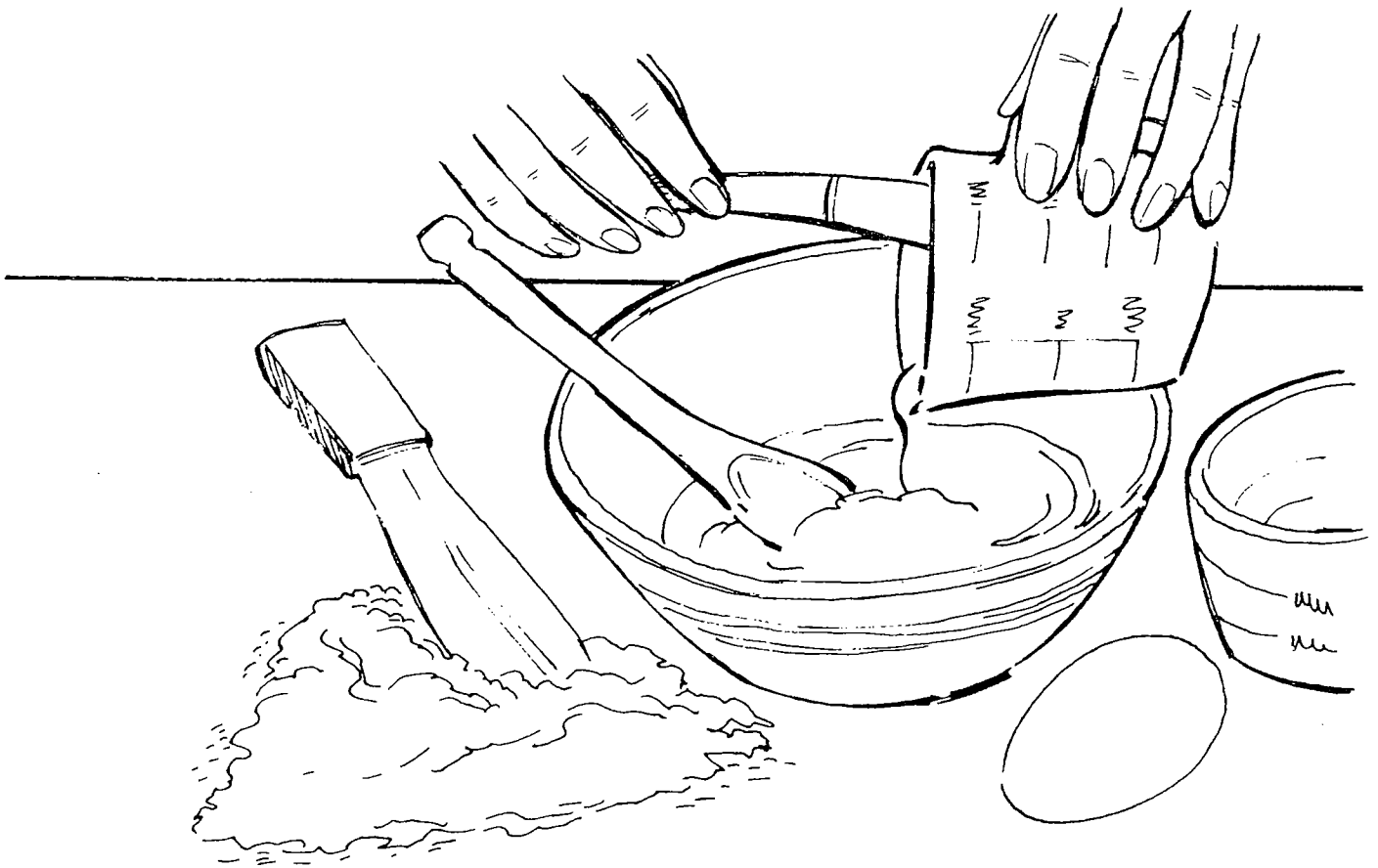




QUICK LOAF BREADS

MEMBERS' GUIDE



NAME _____

CLUB _____

QUICK LOAF BREADS

ACTIVITY

Purpose of Ingredients:

Flour

An all-purpose flour is generally used in making quick breads. This type of flour is a blend of hard wheats and soft wheats. If milled in the South, the all-purpose flour may contain more soft wheat than hard wheat. The gluten formed from soft wheats is much weaker than that formed from hard wheats. While it is desirable to make yeast breads from hard wheat flour for the development of high-quality gluten, the opposite is true for quick breads. In making quick breads it is desirable to interfere with gluten formation. Thus the all-purpose flour containing a large amount of soft wheat is preferable for quick breads. Quick bread doughs are usually mixed enough to blend ingredients and overmixing is avoided.

Sugar

Sugar, besides giving flavor, increases tenderness. When sugar is present in doughs, the development of gluten is restricted. This helps to make the product tender. Sugar also helps to develop a fine texture.

Sugar must be mixed well with other ingredients to achieve optimum volume. Too much sugar or poor mixing may cause bread to fall when removed from the oven. Too much sugar may also cause a sticky texture and crust.



Fat

Fat contributes to tenderness and is indirectly responsible for texture of the product. Fats act as carriers for such ingredients as flavorings and spices. They may also contribute flavor specific for fat, such as butter or margarine.

Eggs

The addition of eggs to a batter helps produce a fine grain, improves flavor, and nutritive value, and in some instances, adds color.



Leavening Agents

A quick bread is so called because it may be quickly prepared. This means that the bread may be made with baking powder or with baking soda, plus an acid such as buttermilk, sour milk, cream of tartar, fruit juices or molasses. These leavening agents form carbon dioxide gas much more quickly than yeast and sugar.

Baking powders, in general are composed of sodium bicarbonate, an acid salt, and starch.

Starch helps keep the ingredients dry and standardizes the product. Standardizing is necessary so a specified amount of dry baking powder will produce carbon dioxide gas equal to that of the same amount of other baking powders.

Some baking powders react to form gas quickly at room temperature. If this type of baking powder is used, bread should be baked immediately after mixing. If double-acting baking powders are used, dough may rest for a short time.

Double-acting baking powders release some carbon dioxide at room temperature; more is released during baking. If quick bread recipe calls for a resting period prior to baking, the use of a double-acting baking powder or a baking powder that reacts at oven temperature will be necessary for adequate rising.

Salt

Salt brings out the flavor in most foods and improves the flavor of sweet foods.

Liquid

The liquid used in making loaf bread may be milk, water or juice. Liquid moistens the flour, dissolves sugar and salt, and permits a chemical reaction in the baking powder to release gas.

Milk or juice contribute flavor and nutrients. In addition, milk aids in browning of the product.

Other Ingredients

To make quick breads tasty, various other ingredients are used to add flavor, texture and color. These sub-

stances are in addition to the basic ingredients and include some of the following: fruits, nuts, dates, figs, raisins, dried apricots, bananas, pumpkin, cranberries, apple sauce, coconut, spices, and assorted flavorings.

Nutritive Value

One can get more nutrition at less cost from bread than any other food. It supplies carbohydrates to the diet for energy. It also provides some protein and calcium. Bread made with enriched flour is also a good source of B vitamins. When whole wheat flour, bran, and other whole grains are used, bread also adds fiber to the diet. The addition of nuts and fresh or dried fruits will increase the nutritive value of quick loaf breads.

SCORECARD FOR JUDGING QUICK LOAF BREADS

	Possible Score 100	Excellent	Good	Fair	Needs Improving
OUTSIDE APPEARANCE					
Shape—Characteristic for product. Slightly rounded top	15				
Crust—Golden brown thin tender crust. Slight crack in top of loaf is characteristic.	15				
Volume—Almost twice the volume of the unbaked bread.	20				
INSIDE APPEARANCE					
Texture—Moist crumb, medium fine texture; not crumbly. Grain small, fairly uniform holes; no tunnels.	20				
Color—Uniform and normal for ingredients used (kinds of flour, liquid, sweetening, amount of eggs).	10				
FLAVOR					
Pleasing; well blended with no decided taste of such ingredients as salt, fat, soda or baking powder. Even distribution of fruit or nut meats.	20				

QUICK LOAF BREADS

RECIPE

Basic Nut Bread

2/3 cup sugar	1/2 teaspoon salt
1/2 cup shortening	1 tablespoon baking powder
2 eggs	3/4 cup milk or fruit juice
2 cups all-purpose flour	1 teaspoon vanilla
	3/4 cup chopped nuts

1. Preheat oven to 350°F. Grease a 9x5x3-inch loaf pan.
2. Cream sugar and shortening in a bowl. Add vanilla and blend thoroughly. Add eggs, one at a time, beating well after each addition.
3. In a separate bowl, sift flour with baking powder and salt. Stir nuts into dry ingredients.
4. Add flour mixture alternately with milk to the egg mixture. Mix just enough to blend ingredients.
5. Pour into prepared pan. Let stand at room temperature for 20 minutes. This helps prevent large cracks in loaf top.
6. Bake at 350°F. for about 1 hour or until a toothpick inserted into center of loaf is free of batter. Another way to stop the loaf top from cracking is to cover it with an inverted loaf pan during the first 20 minutes of baking.
7. Remove bread from oven. Let cool for 5 minutes in pan.
8. Turn loaf out of pan onto cake rack and cool.

Bread is best if stored 24 hours before serving. To serve, slice in thin pieces.

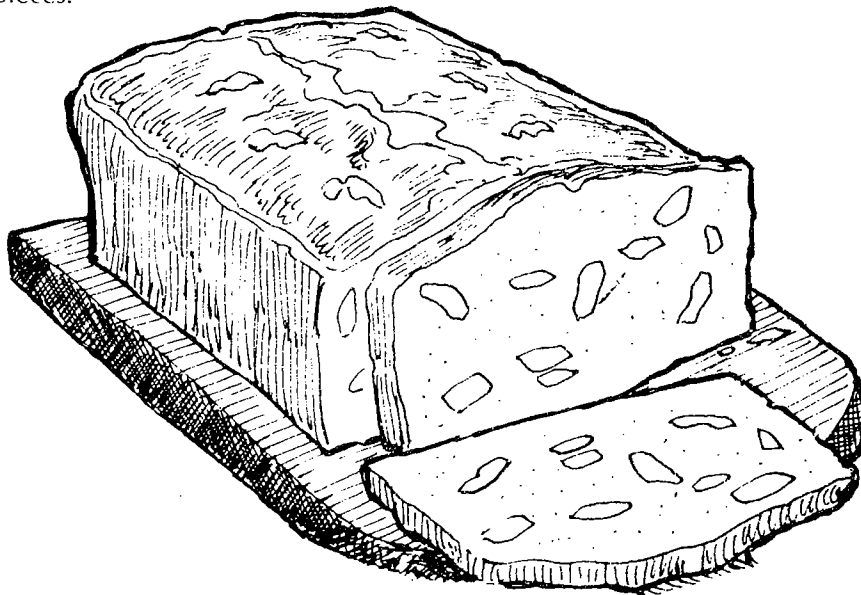
Variations:

Apricot Bread

- Substitute 1/4 cup water and 1/2 cup orange juice for the 3/4 cup liquid in Basic Nut Bread recipe.
- Use 2-1/2 teaspoons baking powder and 1/2 teaspoon soda instead of 1 tablespoon baking powder.
- Add 1 cup finely chopped apricots and 4 teaspoons grated orange peel to flour mixture.
- To prepare apricots, pour boiling water over them and set aside to soak. Drain and cool apricots before adding to batter.

Banana Bread

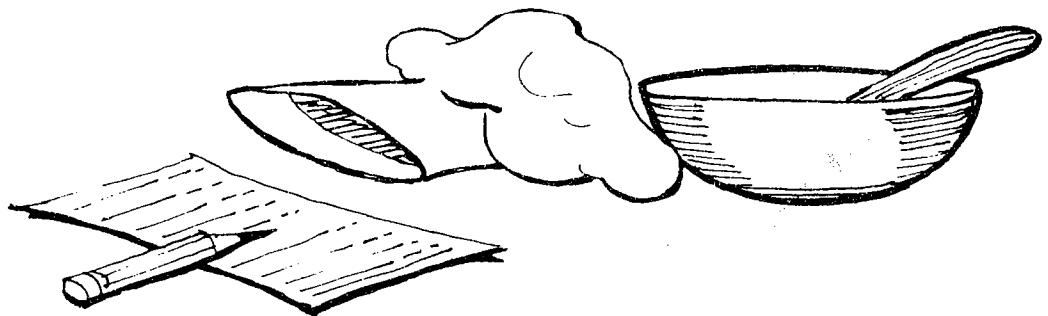
- Substitute 1 cup (2 large) fully ripe bananas for 3/4 cup liquid in basic recipe.
- Use 2-1/2 teaspoons baking powder and 1/4 teaspoon soda instead of 1 tablespoon baking powder.
- Add 1/4 teaspoon nutmeg to dry ingredients.



Bread Making Quiz*

	True	False
Too much sugar may cause quick breads to fall.	_____	_____
Fat is indirectly responsible for texture of product.	_____	_____
Yeast is used in making yeast breads.	_____	_____
Salt is often added to sweet foods to improve their flavor.	_____	_____
It is desirable to use hard wheat flour when making quick breads.	_____	_____
Fats act as carriers for such ingredients as flavorings and spices.	_____	_____
Too much sugar and poor mixing may cause bread to fall when removed from the oven.	_____	_____
The addition of eggs to a batter helps to produce a fine grain.	_____	_____
Quick breads are baked at a 500°F. temperature.	_____	_____
A slight crack in top of a quick loaf is characteristic of the finished product.	_____	_____
The addition of milk to quick bread batters prevents the crust from browning.	_____	_____
Baking powder is used in quick breads to prevent dough from rising too fast.	_____	_____
Ingredients such as dates, raisins, and apricots are part of the basic quick bread recipe.	_____	_____
All-purpose flour generally contains a blend of hard wheats and soft wheats.	_____	_____
The liquid used in mixing quick bread doughs permits a chemical reaction in the baking powder to release gas.	_____	_____
Baking powders contain sodium bicarbonate.	_____	_____
Quick bread doughs are usually mixed enough to blend ingredients and overmixing is avoided.	_____	_____

**Find answers under Purpose of Ingredients (pp 1-2).*



4-H Quick Bread Activity Record

19 _____

Name _____ School Grade _____

4-H Club _____ Years in Bread Project _____

I have prepared and scored the following quick breads:

Date	Kind of Quick Bread Made	Amount	SCORE (Total Possible Points)							
			15 Shape	15 Crust	20 Volume	20 Texture	10 Color	20 Flavor	100 Total	

cut along this line

Total number times quick bread prepared _____

Total amount quick bread prepared _____

Average score on all bread made _____

I have given quick bread demonstrations as follows:

Subject	Times	To Whom
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Write a story about your experiences in the quick bread activity. Include in your story why you selected this activity, new things learned, how you have helped others, and any experiences in judging, making exhibits, writing news stories, giving talks, radio or television programs about quick breads. Also tell about your participation in a bread project group as a junior leader or as a member.

Date _____ Signature of 4-H member _____

Date _____ Signature of 4-H leader _____

This publication was produced at an annual cost of \$397.34, or \$.40 per copy to inform 4-H youth about the proper procedure for making quick loaf breads. 9-1M-87

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