



**ASSIGNMENT 2: READ CHAPTER 23 – QUESTIONS /22**

1. Explain the difference between quick breads and yeast breads. Give three examples of each. (7)

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2. What is the advantage of freezing bread in hot, humid weather? (1)

3. What is the difference between a batter (there are 2 types) and a dough? (3)

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○

○

4. What are the three gases that make baked products rise? (3)

○

○

○

5. What is the minimum amount of fat, sugar, and salt needed per cup of flour when preparing muffins? (1)

6. Why should no more than half the all-purpose flour be replaced with whole grain flour when adjusting a recipe? (1)

7. Match the following quick breads with their descriptions: (4)

\_\_\_\_\_ May be rolled or dropped

\_\_\_\_\_ Has a peaked top and tunnels when overmixed

\_\_\_\_\_ Leavened almost entirely by steam; baked in muffin pans or custard cups

\_\_\_\_\_ Made with a dough called puff paste

- a. biscuit
- b. cream puff
- c. muffin
- d. pancake
- e. popover

8. What two quick breads do not microwave well? (2)

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# Chapter 23

## Breads

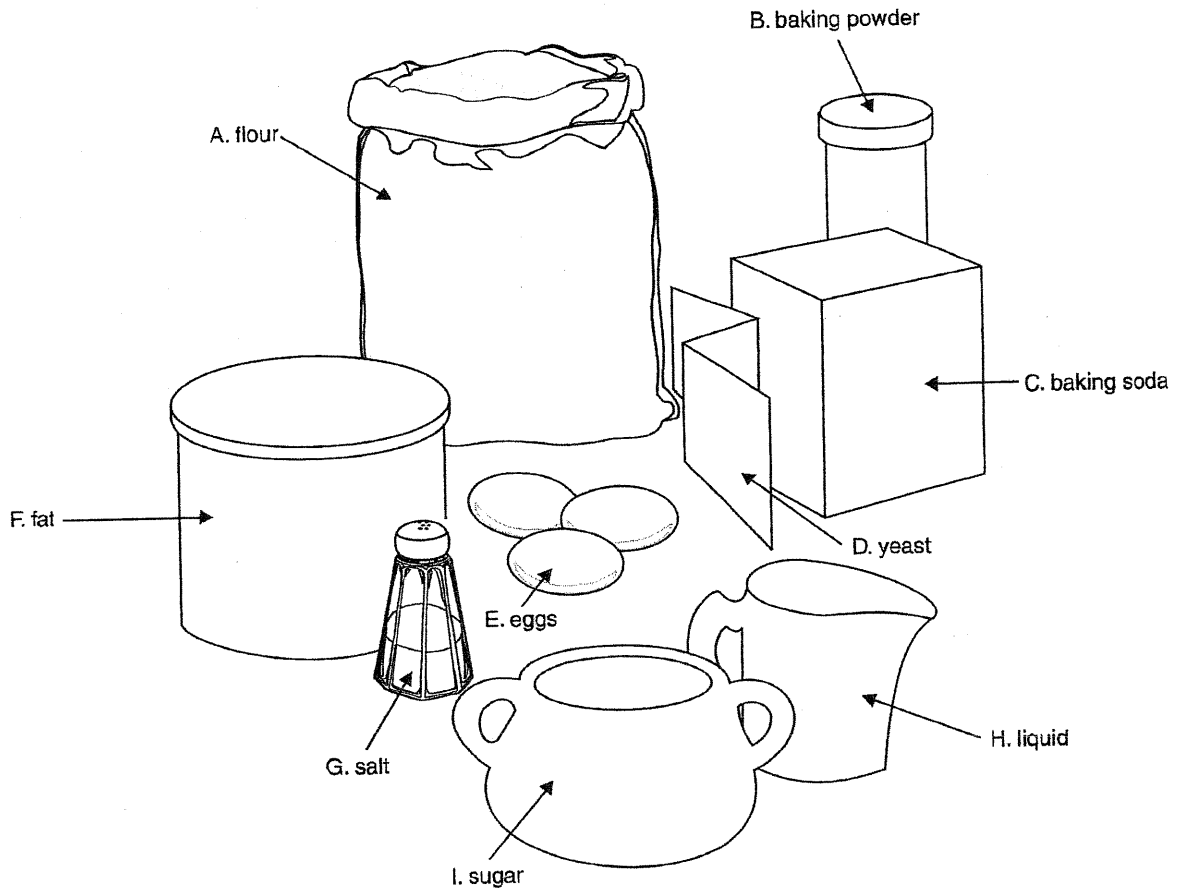
### Functions of Ingredients /09

Activity A  
Chapter 23

Name \_\_\_\_\_

Date \_\_\_\_\_ Period \_\_\_\_\_

The principal ingredients used in baked products are pictured below. In the space provided, list at least one function of each of these ingredients in baked products.



- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_
- D. \_\_\_\_\_
- E. \_\_\_\_\_
- F. \_\_\_\_\_
- G. \_\_\_\_\_
- H. \_\_\_\_\_
- I. \_\_\_\_\_

# Characteristics of Quick Breads

Activity C

Name \_\_\_\_\_

Chapter 23

Date \_\_\_\_\_ Period \_\_\_\_\_

Answer the following questions about the characteristics of quick breads.

- (1) 1. What role does gluten play in the preparation of quick breads? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
- (2) 2. How is gluten formed? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
- (3) 3. What are two differences between rolled biscuits and dropped biscuits? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
- (4) 4. Describe the characteristics of a high-quality rolled biscuit. \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
- (10) 5. Read the characteristics below. Write *O* in the blank if the characteristic describes an overmixed muffin. Write *U* in the blank if the characteristic describes an undermixed muffin. Write *H* in the blank if the characteristic describes a high-quality muffin.
- |                            |   |
|----------------------------|---|
| _____ A. coarse crumb      | _____ F. symmetrical top that looks rough |
| _____ B. flat top          | _____ G. tender, light crumb              |
| _____ C. low volume        | _____ H. thin, evenly browned crust       |
| _____ D. pale, slick crust | _____ I. tunnels                          |
| _____ E. peaked top        | _____ J. uniform texture                  |
- (1) 6. Why is the oven temperature for popovers changed partway through the baking period? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
- (1) 7. What happens to a popover that has not been baked long enough? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
8. What can happen to cream puffs if the oven door is opened during baking? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
9. What occasionally causes cream puffs to ooze fat during baking? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
10. How should freshly baked items be stored? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## ASSIGNMENT 6: READ CHAPTER 24 – QUESTIONS / 15

1. List the seven basic ingredients of a shortened cake (other than a pound cake) and briefly describe a major function of each. (7)
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  - 
  - 
  - 
  - 
  -
2. What would happen if a cake were made with too much fat? (1)
3. Why do baking pans need to be the correct size when baking a cake? (1)
4. What are the two most common mixing methods for making shortened cakes? Describe them. (4)
  - 
  -
5. How do proportions of cookie ingredients differ from proportions of cake ingredients? (1)
6. Describe the appearance of cookies baked on a shiny aluminum cookie sheet and cookies baked on a dark cookie sheet. (1)

# Chapter 24

## Cakes, Cookies, Pies, and Candies

### Kinds of Cakes

13

Activity A

Name \_\_\_\_\_

Chapter 24

Date \_\_\_\_\_ Period \_\_\_\_\_

Complete the following exercises about cakes.

1. Check all the following characteristics that apply to shortened cakes.

- A. They contain fat.
- B. They contain no fat.
- C. Butter cake is an example of a shortened cake.
- D. A sponge cake is an example of a shortened cake.
- E. They usually contain leavening agents.
- F. They are tender, moist, and velvety.
- G. They come out moist and tasty when prepared in a microwave oven.

2. How do pound cakes differ from other shortened cakes? \_\_\_\_\_  
\_\_\_\_\_

3. Check all the following characteristics that apply to unshortened cakes.

- A. They are sometimes called *foam cakes*.
- B. They contain no fat.
- C. Angel food cake is an example of an unshortened cake.
- D. Chocolate cakes are unshortened cakes.
- E. They are leavened by air and steam.
- F. They microwave well.

4. How do sponge cakes differ from other unshortened cakes? \_\_\_\_\_  
\_\_\_\_\_

5. Check all the following characteristics that apply to chiffon cakes.

- A. They contain fat.
- B. They contain beaten egg whites.
- C. They are a cross between shortened and unshortened cakes.
- D. They contain no eggs or fat.

Match each of the following functions to the basic ingredient that performs it in cakes by placing the correct letter in the corresponding blank.

- 6. Gives sweetness to cakes, tenderizes the gluten, and improves the texture of cakes.
- 7. Gives structure to a cake.
- 8. Causes a cake to rise.
- 9. Tenderizes the gluten.
- 10. Used in angel food and sponge cakes to make the grain of the cake finer and to stabilize the egg white proteins.
- 11. Provides flavoring.
- 12. Improves the flavor and color of cakes and helps leaven some cakes.
- 13. Provides moisture.

- A. cream of tartar
- B. egg
- C. fat
- D. flour
- E. leavening
- F. liquid
- G. salt
- H. sugar
- I. vanilla extract

# Cookies

Activity C  
Chapter 24

Name \_\_\_\_\_  
Date \_\_\_\_\_ Period \_\_\_\_\_

Various kinds of cookies are listed below along with the six basic groups of cookies. Indicate to which group each kind of cookie belongs by writing the corresponding letter in the blank.

- A. rolled
- B. drop
- C. bar

- D. refrigerator
- E. pressed
- F. molded



- |                               |                                  |
|-------------------------------|----------------------------------|
| _____ 1. spritz               | _____ 6. oatmeal cookies         |
| _____ 2. gingerbread people   | _____ 7. brownies                |
| _____ 3. pinwheel             | _____ 8. chocolate chip cookies  |
| _____ 4. cutout sugar cookies | _____ 9. crescents               |
| _____ 5. lemon squares        | _____ 10. chocolate ball cookies |

Read the following statements about cookies. Circle *T* if the statement is true. Circle *F* if the statement is false.

- |   |   |  |
|---|---|--|
| T | F | 11. Although the ingredients used to make different kinds of cookies are similar, the doughs differ in consistency.  |
| T | F | 12. Rolled cookies are made from a stiff dough.  |
| T | F | 13. Drop cookies do not spread as much as rolled cookies during baking.  |
| T | F | 14. Refrigerator cookies contain a high proportion of fat.   |
| T | F | 15. Most cookies contain more fat and sugar and less liquid than cakes.  |
| T | F | 16. The conventional mixing method used for shortened cakes is used to mix all types of cookies.                     |
| T | F | 17. Cookie sheets should not have high sides, or cookies will bake unevenly.   |
| T | F | 18. Cookies baked on bright, shiny cookie sheets will have dark bottoms.   |
| T | F | 19. Cookie sheets should be hot when cookies are placed on them for baking.  |
| T | F | 20. Cookie sheets should touch the sides of the oven when cookies are baking.  |
| T | F | 21. Large numbers of drop cookies can be efficiently prepared in a microwave oven.                                   |
| T | F | 22. Crisp cookies should be stored in a container with a tight-fitting cover.  |
| T | F | 23. Many cookies freeze well both in dough form and after baking.  |
| T | F | 24. Frozen dough for drop cookies needs to be thawed before it is dropped and baked.                                 |
| T | F | 25. Crisp cookies that have become soft can be made crisp again by placing a piece of bread in the cookie container. |



**PRODUCT STANDARD SCORECARD: BAKING BASICS**

**FOD1020-1**

Student Name: \_\_\_\_\_ Module: \_\_\_\_\_

Teacher: \_\_\_\_\_ Class: \_\_\_\_\_ Level: \_\_\_\_\_

PRODUCT:		PRODUCT:		PRODUCT:		PRODUCT:	
Muffin Standards		Biscuit Standards		Cake Standards		Cookie Standards	
<input type="checkbox"/>	<b>Exterior</b> Uniform shape. Well-rounded top free of peaks and cracks.	<input type="checkbox"/>	<b>Exterior</b> Uniform shape with straight sides and level tops.	<input type="checkbox"/>	<b>Exterior</b> Uniform shape with slightly rounded top. No peaks or cracks.	<input type="checkbox"/>	(1) <input type="checkbox"/>
<input type="checkbox"/>	Uniform size. Large in proportion to weight.	<input type="checkbox"/>	Uniform size. Twice the size of unbaked biscuits.	<input type="checkbox"/>	Uniform size. Light in weight in proportion to size.	<input type="checkbox"/>	(2) <input type="checkbox"/>
<input type="checkbox"/>	Uniform golden colour.	<input type="checkbox"/>	Uniform golden brown tops and bottoms. Free of yellow or brown spots.	<input type="checkbox"/>	Uniform golden brown colour.	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	Tender crust, slightly rough and shiny.	<input type="checkbox"/>	Tender crust, smooth and free of excess flour.	<input type="checkbox"/>	Tender, smooth crust.	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<b>Interior</b> Colour characteristic of muffin or bread type, free of streaks.	<input type="checkbox"/>	<b>Interior</b> Creamy white, free of yellow or brown spots.	<input type="checkbox"/>	<b>Interior</b> Uniform colour, characteristic of type of cake.	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	Rounded, even grain, free of tunnels.	<input type="checkbox"/>	Flaky grain, pulls off in thin sheets.	<input type="checkbox"/>	Fine, even grain, free of tunnels.	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	Tender texture, moist and light.	<input type="checkbox"/>	Tender texture, slightly moist, light.	<input type="checkbox"/>	Velvety, moist, and tender texture.	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	Pleasant, well-blending flavour.	<input type="checkbox"/>	Pleasant, well-blended flavour.	<input type="checkbox"/>	Pleasant flavour, well blended, and characteristic of kind of cake.	<input type="checkbox"/>	<input type="checkbox"/>
SCORE		SCORE		SCORE		SCORE	
5 AT STANDARD		5 AT STANDARD		5 AT STANDARD		3 3	
COMMENTS							

# The Effects of Baking Powder in Biscuits 25

Name \_\_\_\_\_ Date \_\_\_\_\_ Period \_\_\_\_\_

## Introduction

Reread the section on "Leavening Agents."

## Objective

To evaluate the effects of using too little and too much baking powder in drop biscuits.

## Supplies

masking tape	pastry blender
3 mixing bowls	6 tablespoons shortening
nonstick baking sheet	3 forks
3 cooling racks	1½ cups fat free milk
3 small plates	3 large spoons
3 cups all-purpose flour	spatula
¾ teaspoon salt	serrated knife
4¼ teaspoons baking powder	

## Procedure

1. Preheat oven to 450°F.
2. On four sets of three masking tape labels, write *A—Control*, *B—No powder*, and *C—Extra powder*. Attach one set of labels to the mixing bowls. Space a second set evenly along one long edge of the baking sheet, dividing it into thirds. Attach a third set to the cooling racks. Attach the fourth set to the edges of the small plates.
3. Measure 1 cup flour and ¼ teaspoon salt into each of the mixing bowls.
4. Add 1¼ teaspoons baking powder to Bowl A.
5. Add 1 tablespoon baking powder to Bowl C.
6. With the pastry blender, cut 2 tablespoons shortening into the dry ingredients in each bowl. Be sure to wash and dry the pastry blender between bowls.
7. Use a clean fork to stir ½ cup fat free milk into each bowl.
8. With a large spoon, drop batter from Bowl A to form a row of three biscuits under Label A on the baking sheet. Drop biscuits about 2 inches apart.
9. Repeat Step 8 with the batter from Bowls B and C. Be sure to use a clean spoon for each bowl.
10. Bake biscuits 12 minutes.
11. With a spatula, remove biscuits from each row of the baking sheet to the corresponding cooling rack.
12. When biscuits have cooled completely, place them on the appropriately labeled plates. Describe the shape and the appearance of the crust of the biscuits on each plate in the appropriate spaces on your observation chart.
13. Cut one biscuit on each plate in half with a serrated knife. Describe the appearance of the crumb of each biscuit in the appropriate space on your observation chart.
14. Taste a sample of each biscuit variation. Describe the texture and flavor of the biscuits in the appropriate spaces on your observation chart.
15. Compare the three columns of your observation chart. Then answer the questions that follow to help you draw conclusions about this experiment.

Name \_\_\_\_\_

**Observations**

	<b>Biscuit A Control</b>	<b>Biscuit B No Powder</b>	<b>Biscuit C Extra Powder</b>
Shape			
Appearance of crust			
Appearance of crumb			
Texture			
Flavor			

**Conclusions**

1. What is the function of baking powder in baked products? \_\_\_\_\_  
\_\_\_\_\_
2. How does baking powder perform its function? \_\_\_\_\_  
\_\_\_\_\_
3. How did the lack of baking powder affect Biscuit B? \_\_\_\_\_  
\_\_\_\_\_  
What caused these effects? \_\_\_\_\_  
\_\_\_\_\_
4. How did the addition of extra baking powder affect Biscuit C? \_\_\_\_\_  
\_\_\_\_\_  
What caused these effects? \_\_\_\_\_  
\_\_\_\_\_
5. What recommendation would you make regarding the use of baking powder in biscuits? \_\_\_\_\_  
\_\_\_\_\_

If desired, bake remaining batter as directed in the procedure and enjoy the biscuits as a snack.