Name _____

YEAST BREADS

Read the following recipe and answer the questions below.

White Bread

- 2 (.25 ounce) packages active dry yeast
- 3 tablespoons white sugar
- 2 1/2 cups warm water (110-115 degrees F)
- 3 tablespoons lard, softened
- 1 tablespoon salt
- 6 1/2 cups bread flour
 - 1. Preheat oven to 375 degrees F (220 degrees C).
 - 2. In a large bowl, dissolve yeast and sugar in warm water. Stir in lard, salt and two cups of the flour. Stir in the remaining flour, 1/2 cup at a time, beating well after each addition. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic, about 8 minutes.
 - 3. Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 1 hour.
 - 4. Punch down the dough and turn it out onto a lightly floured surface. Divide the dough into two equal pieces and form into loaves. Place the loaves into two lightly greased 9x5 inch loaf pans. Cover the loaves with a damp cloth and let rise until doubled in volume, about 40 minutes.
 - 5. Bake for about 30 minutes or until the top is golden brown and the bottom of the loaf sounds hollow when tapped.

Answer the following questions in COMPLETE SENTENCES:

- 1. Explain why the yeast must be softened in warm water, 110° to 115°. 1 pt.
- 2. Describe what will happen if the water is <u>above</u> AND <u>below</u> 110° to 115°. 2 pt

- 3. What role(s) does the sugar play in this recipe? 1 pt.
- 4. Which mixing method is being used in this recipe? Explain how this different than another mixing method (compare with any other of your choice) 2 pt

5. What protein is being formed in steps #2? What is the purpose of this protein? 2 pt

6. Explain the purpose of punching down the dough in step #4.1 pt

7. In what step is proofing taking place? How do you know when proofing has been completed? 2 pt

- 8. Other than relying on the timer to determine the bread's doneness, how else can you check to see if the bread is fully baked? 1 pt.
- 9. Describe how this product should be stored. 1 pt.