

Yeast Breads



What is a yeast bread?

- Yeast breads are leavened (risen) with yeast
- Take longer to prepare
 - kneading & rising time



EXAMPLES:

- White breads and rolls
- Most cinnamon rolls
- Pizza dough
- English muffins
- Yeasted doughnuts
- ... and more!



What is yeast?

- Yeast is a single-celled fungi... it's ALIVE!
- Yeast can be purchased in several forms:
 - FRESH/CAKE yeast
 - ACTIVE DRY yeast
 - INSTANT/RAPID RISE yeast
- Pay attention to the expiration date!



What is fermentation?

- Yeast eat sugar & starch in bread dough
- They produce alcohol and carbon dioxide (CO₂), which causes bread to rise
- When we let yeast breads rise, we are allowing fermentation to occur!

- **FERMENTATION:**

YEAST + SUGAR = ALCOHOL & CO₂





What is gluten & how does it work?

- Gliadin & glutenin are proteins in wheat
- When wheat flour is combined with liquid and mixed thoroughly (or kneaded), GLUTEN is formed.
- Think of gluten like bubble gum...
- Gluten forms a stretchy framework that “traps” the CO₂ produced by the yeast inside, which makes your bread dough rise!
- Bread flour has the most gluten, cake flour has the least

When you first put the gum into your mouth, it is soft & easy to chew (like gliadin and glutenin).

As you chew the gum (like kneading), it becomes more elastic, and you can blow bubbles (or trap carbon dioxide).



As you continue to chew the gum for a long time, it becomes so elastic it makes your jaws hurt (in bread, over kneading will cause gluten to snap-bread will be dense and tough!)



Yeast Bread Ingredients



- **FOUR MUST HAVES:**
 - Flour (all-purpose or bread)
 - Yeast
 - Liquid (usually water or milk)
 - Salt
- Optional ingredients in yeast breads function like in quick breads:
 - **EGGS:** add richness & color
 - **SUGAR:** adds sweetness & browning
 - **FAT:** adds tenderness and richness

Salt not only adds flavor, but also slows down yeast for manageable rising!



Yeast Bread Variations

- **BATTER** breads: have more liquid; are beaten vigorously instead of kneading
- **WHOLE GRAIN** breads: use whole-wheat flour (but most only substitute **PART** of the flour)
- **SOURDOUGH**: leavened with a sourdough starter (fermented mix of yeast, water, & flour)
- Add flavor & variety by adding:
 - Dried fruit
 - Nuts
 - Cheese
 - Herbs
 - Spices

