



# Steps to Making Yeast Bread



- ▶ MIXING
- ▶ KNEADING
- ▶ RISING (Fermentation)
- ▶ PUNCHING, SHAPING & PROOFING
- ▶ BAKING

# MIXING: Traditional Mixing Method

1. Dissolve active dry yeast in water that is between 105°F and 115°F
2. Separately, combine sugar with additional liquid (also 105°-115°) and melted fat (if using)
3. Add yeast & eggs (if using) to bowl with liquids
4. Add flour to form dough

This dough will RISE TWICE!

# MIXING: Quick-Mix Mixing Method

1. Mix rapid-rise yeast with SOME flour, sugar, and salt
2. Heat liquid and fat to 120°F-130°F
3. Add liquids to dry ingredients; beat until blended
4. Add remaining flour to form dough

This dough will often **RISE ONCE!**

# KNEADING

- ▶ Remember: we knead to activate GLUTEN!
- ▶ Your dough should go from a rough, sticky mess to a smooth, glossy, and elastic ball.
- ▶ Can press, fold, and turn the dough with your hands for 8-10 minutes
  - ▶ Flour counter & hands first, but avoid adding too much flour!
- ▶ OR use dough hook & stand mixer
- ▶ Recipes with only one rise need to REST (5-10 min) before shaping



# RISING (Fermentation)

- ▶ Remember: we are allowing FERMENTATION to occur!
- ▶ Transfer dough to a greased bowl covered with plastic wrap
- ▶ Let dough rise in a warm place until the dough has doubled in size
  - ▶ How long? At least 45 min. up to several hours
    - ▶ Rapid-rise yeast- smaller granules, 50% faster rise
    - ▶ Can use oven turned off with the light on
- ▶ Longer rising (overnight/refrigerator) = more flavor

# RISING (Fermentation)



# PUNCHING, SHAPING, & PROOFING



- ▶ PUNCHING: redistribution of CO<sub>2</sub> before shaping
  - ▶ Don't need to literally punch... lightly drop in bowl or fold



- ▶ SHAPING: could be folding dough into loaf pan, dividing & shaping dough into rolls, etc. – lots of options!
- ▶ PROOFING: 2<sup>nd</sup> rise that occurs after dough is shaped but before baking
  - ▶ Dough should double in size again
- ▶ One-rise recipes – this is the only rise!



# BAKING

- ▶ Oven should be pre-heated so OVEN SPRING (rapid rising in first minutes of baking) occurs
- ▶ If crust begins to look too brown, add aluminum foil to top
- ▶ How to know if bread is done? Tap the bottom – should sound hollow
- ▶ Allow to cool completely before slicing

