Baker’s Ingredients

- Strengtheners
- Shortenings/fats
- Sweeteners
- Leaveners
- Thickeners
- Flavorings
- Liquids

Strengtheners
- Provide ____________________ and ensure that the baked item ____________________ once it is removed from the oven
- Ex. ___________________________
- Variety of flours (see pg. 505)
  - ** Wheat flours produces gluten (see nutrition pg. 507)

Shortenings/fats
- Make baked goods ____________________, adds ____________________, and keep the baked item ______________________ longer
- Ex. ___________________________
- More thoroughly ______________________, the more it will affect it’s ______________________
  - Rubbed or rolled into: _________________________________
  - Creamed: _______________________________________

Sweeteners
- Ex. ___________________________
- Adds ________________________ to baked goods
- Help shortening blend with other ingredients to make _______________________________
- Caramelization:
  - When baked, heat causes sugar to turn a _______________________

Leaveners:
- Allow the dough or batter to ______________________
- Measure carefully: Small ______________________ can produce major ______________________
- 3 categories:
  - ______________________:
    - Baking powder & baking soda
  - ______________________:
    - Yeast
    - Microscopic ______________________ mixes with ______________________ (sugar or flour)
    & ______________________ to produce ______________________
  - ______________________:
    - Creaming method: Beat fat & sugar together
    - Foaming method: Beat eggs (may be egg white, yolk, or combination at different stages)

Thickeners
- Combined with the stirring process, determines the ______________________ of the finished product
- Example:
  - Custard cooked over ______________________ heat and ______________________ =
    - SAUCE
  - Custard cooked in a ______________________ (water-bath) =
    - FIRM CUSTARD
Flavorings
- Affect a baked item’s _______________________________________
- __________________________________ is the basis of all chocolate desserts
- Spices often used in baking:
  - Cinnamon, nutmeg, mace, cloves, ginger, caraway, cardomom, allspice, anice, poppy seeds
- Extracts:
  - Flavorful _____ taken from foods such as vanilla, almond, & lemon (*only a few drops needed*)
- Use flavorings so that flavor of spice or extract ________________________________ the flavor of the finished product

Liquids
- Provides __________________________ to the product and to help __________________________ form properly
- Most common: __________________________
- Milk products:
  - __________________________________
- Also used as liquid AND flavor: _________________________________________________

Baker’s Measurements
- Standardized recipes for bakery products are called _______________________
- Proportions of each ingredient are given in the form of _______________________________
- __________________________ always has a proportion of _____________%, and the percentages of all other ingredients are calculated in relation to the flour.
- The formula for **baker’s percentages** is:
  \[
  \text{Weight of } \text{ingredient} \div (\text{Weight of } \text{flour} \times 100 \text{ percent}) = \text{percent of ingredient}
  \]
  See pg. 508 for example using baker’s percentage
- Understanding baker’s % makes it easy to calculate the weight of any ingredient or to convert the formula to a new __________________________: how much of something is produced.

Process of Using Baker’s Percentages
- To calculate the weight using the baker’s percentage:
  - Change the ingredient % to decimal form by moving the decimal point ____ places to the_____
    - Example for Sugar 20% = __________
  - Multiply the weight of the flour by this decimal to get the weight of the ingredient.
    - Example: 10 lb flour x .20 = __________________________

Sifting __________________________ to flour, cocoa, and confectioner’s sugar; removes _______________; and filters out any __________________________.
- Check recipes carefully to see whether ingredients are to be ______________ before or after sifting.