8.2

Yeast Breads
Types of Dough

- **Lean doughs**
  - Made with flour, yeast, water, and salt
  - Little or no sugar or fat
  - Chewy texture & crisp crust
  - Examples: Hard rolls & French Bread

- **Rich doughs**
  - Made with the addition of shortening or tenderizing ingredients
  - Cake-like texture after baking
  - Examples: Parker House Rolls, Cloverleaf Rolls, Danish
Mixing Methods

- **Straight-dough method** can be used to make yeast breads can be used for all types of doughs—lean, rich, and sponge (See pg. 515)

  - May combine ingredients at the same time or may mix yeast with warm water first
    - Yeast may be activated in water 115-138°F, dependent on yeast used

  - After mixing, the baker kneads until it is soft and elastic
    - Kneading dough develops the gluten in the dough and gives it the stretch it needs to develop the proper texture.
Mixing Methods

- **Sponge method:** Lighter texture & unique flavor

- **Stage 1:**
  - Mix the yeast, ½ of the liquid, & ½ of the flour to make a thick batter called a **SPONGE**
  - Allow to rise and double in size

- **Stage 2:**
  - Add remaining fat, liquid, salt, sugar, & flour
  - Knead and leave to rise
**Mixing Methods**

- **Sourdough method**: Uses yeast batter (like sponge)
  - Leavened with a STARTER
  - Mixture of water, yeast, and AP flour that has been fermented (usually overnight) until it has a sour smell
The 10 basic steps in making yeast breads are:

1. Scaling ingredient
2. Mixing and kneading ingredients
3. Fermentation
4. Punching down
5. Portioning
6. Rounding
7. Shaping
8. Proofing
9. Baking
10. Cooling and storing
Section 8.2 Summary

- Yeast is a living organism that acts as a leavener; that is, it makes baked goods rise.
- Breads that use yeast are called yeast breads.
- Yeast breads are divided into: lean doughs and rich doughs.
- Yeast breads are most often made using two primary methods: straight-dough method or sponge method.
- There are 10 basic steps in making yeast breads:
  1. Scaling ingredients
  2. Mixing and kneading ingredients
  3. Fermentation
  4. Punching down
  5. Portioning
  6. Rounding
  7. Shaping
  8. Proofing
  9. Baking
  10. Cooling and storing