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QUICK BREADS (Batters)

by

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QUICK BREADS (Batters).

All breads may be divided into two classes: quick breads and yeast breads. The quick breads are so called because it takes a much shorter time to prepare them. Quick breads are divided into two main classes, batters and doughs, depending upon the proportion of flour and moisture used.

Pour Batters. A pour batter is the thinnest quick bread mixture. Generally speaking it contains about equal parts of flour and moisture. It is impossible to give definite proportions because the thickening quality of different flours vary, and the wetting quality of different moist materials vary. A good many of the pour batters contain a little more flour than moisture. Popovers and griddle cakes are made from a pour batter.

Drop Batters. All batters can be stirred or beaten with a spoon. When it becomes too stiff to stir with a spoon it is called a dough. Drop batter contains approximately two parts of flour to one part of moisture. This batter contains a leavening agent, baking powder, shortening, sugar, and salt for flavor, and eggs. A leavening agent is something put into a batter or dough to cause it to become light. The common leavening agents are soda used with some acid, air, and yeast. Later on we shall learn just how these leavening agents make cakes, biscuits, and breads light.

Plain Muffins.

2 C. flour	$\frac{1}{2}$ to 1 tb. sugar
$3\frac{1}{2}$ ts. baking powder	1 egg
$\frac{1}{2}$ ts. salt	1 C. milk
2 tb. fat.	

1. Break the egg into a mixing bowl, beat it. Add the milk to it
2. Mix the dry ingredients by sifting. Add to egg mixture by putting through sifter.
3. Melt the fat, add it to the flour mixture.
4. Mix quickly and thoroughly and drop into buttered muffin pans.
5. Bake in a hot oven from 25 to 30 minutes.

Baking.

1. Oven test. Deep golden brown test. Look up general instructions on oven and oven test.
2. Place muffins in oven of coal stove (on floor) or gas or oil stove (in center).
3. Time required for baking muffins, 25 to 30 minutes. Therefore our periods will be 7 to 10 minutes each.

Periods.

1. End of first period (8 to 10 minutes) muffins rising.
2. End of second period, fully risen and started to brown.
3. End of third period, start to brown.
4. End of fourth period, should be baked and answer following tests.

Test When Done.

1. The crust evenly browned.
 2. Break open largest one. It should be dry inside. No sticky matter.
 3. The crust springing back into shape when pressed with the finger.
 4. The mixture shrinks from the edges of the pan.
- NOTE: A spatula is very convenient for removing muffins, biscuits, etc., as the blade is very flexible and will take angles of pan.

STANDARD TO WORK FOR
(Same for all drop batter preparations)

1. Evenly browned.
2. Double in size.
3. Well shaped.
4. Dry inside.

SCORE CARD FOR MUFFINDS AND BISCUITS.
(Score every baking)

1. External appearance	15%
2. Crust	10%
3. Crumb	40%
4. Flavor	40%
Perfect score	100%
Your score.	____%

Explanation of score card: Muffins should be evenly brown, light, well shaped, and crust should be tender. Crumbs should be light, not doughy. When pressed by finger should spring back and have a good flavor.

QUICK BREADS (Drop Batters)

- Gingerbread.
- | | |
|-----------------------|----------------|
| 1 C. molasses | 1 3/4 ts. soda |
| 1 C. sour milk | 2 ts. ginger |
| 2 1/3 C. flour | 1/2 ts. salt |
| 1/4 C. melted butter. | |

1. Sift together the dry ingredients.
 2. Mix sour milk and molasses, add to dry ingredients and combine.
 3. Add butter and beat vigorously.
 4. Pour in a buttered pan and bake about 25 minutes in a moderate oven.
- (For baking, tests when done, etc., see above).

Standard to Work For.

1. Not cracked at top.
2. Not too porous.
3. Nicely shaped.
4. Even brown.

Serving Gingerbread.

1. Gingerbread should be eaten when fresh.
2. It is attractive as a dessert when served hot.
3. As it is a rather dry cake, sauce or whipped cream may be served with it.

Sauce for Serving with Gingerbread.

1. Lemon Sauce:

1 tb. flour	1 ts. lemon juice
2 tb. sugar	$\frac{1}{4}$ ts. lemon rind
$\frac{1}{2}$ C. boiling water.	$\frac{1}{2}$ ts. butter

Mix sugar and flour thoroughly. Slowly add boiling water. Boil 5 minutes, stirring. When just done, add butter and flavoring. Taste and if more lemon is required, add it. Serve hot or cold.

2. Chocolate Sauce.

1 C. water	$\frac{1}{2}$ ts. salt
$\frac{1}{3}$ C. sugar	1 tb. cornstarch
1 oz. chocolate (1 square)	$\frac{1}{3}$ C. milk
	$\frac{1}{2}$ ts. vanilla.

Boil water and sugar 5 minutes. Melt the chocolate. Mix cornstarch and cold milk thoroughly, rubbing out all lumps and add the melted chocolate. Add syrup of water and sugar. Cook in a double boiler about 15 minutes, stirring as it thickens. Add salt and vanilla. Serve hot.

SOME COMMON FAULTS IN CAKES AND THE REASONS.

1. Cracked on top caused by having too hot or uneven heat. If the oven is too hot, the top crust forms in a very few minutes, then as the mixture gets heated, it raises and cracks the top. If the oven is moderately hot, the top crust forms as the mixture raises.
2. Falling may be caused by jolting the oven, or slamming the oven door before the first period is past. Start out with the oven right, then do not open the door until the first period is up. Falling is sometimes caused by having the wrong proportion of fat and flour. Use accurate measurements.
3. Coarse grainy crust is caused by having too much sugar in proportion to the other ingredients.

References: "Baking in the Home", F.B. 1136.