

## Yeast Cookery

### What is Yeast?

Yeast is a single celled fungi that reproduces itself by budding.

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### Why do we use yeast in baked products?

Yeast is used as a leavening agent. It helps baked goods rise.

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### What does yeast need to grow?

Yeast needs:

1. warmth- too hot will kill the yeast and too cold will slow down its growth.
2. moisture- water, milk, juice
3. food- sugar and/or salt

### How is yeast sold in the store?

Yeast is sold in two different forms:

1. Dried, comes in a packet and lasts up to a year.
  2. Fresh, comes in cake form only lasts a few days.
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### What is kneading?

A folding, pressing motion with the palm of your hands.

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### Yeast dough is kneaded to:

1. To thoroughly mix the ingredients.
2. To incorporate the flour.
3. Develop the gluten to give the dough its elastic properties.

### Why not bake yeast dough immediately?

Yeast dough is not baked immediately because the yeast needs time to react with the food and produce the carbon dioxide and double in size.

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### Why punch down the dough?

To release the carbon dioxide that has developed.

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# Functions of Ingredients

## Flour:

- provides bulk
- provides structure
- acts like a thickener
- coats food

## Eggs

- adds flavor
- provides moisture
- helps bind ingredients together
- helps coating adhere to food surface

## Liquid

- adds moisture
- helps ingredients react with each other
- binds ingredients together

## Shortening or Oil (fats)

- adds flavor
- prevents food from sticking to pan
- tenderizes (softens) foods
- adds moisture
- maintains freshness and extended keeping quality
- helps provide a tender and/or flaky product

## Sugars

- adds flavor
- provides tenderness
- adds crispness
- browns as it melt while its cooking

## Baking Powder/Soda

- reacts with moisture or with acid to product carbon dioxide which causes small bubbles within the products to make it ris or increase in volume.

## Leavening Agents- makes dough rise

### Examples:

- yeast
- baking powder/soda
- air