**FLOUR MIXTURES**

A flour mixture is any product which gets its structure from

.

Gluten is the - protein

found in . It is

"activated" by the addition of liquid. It is further

developed by stirring, mixing, kneading etc.

A quickbread is a flour mixture that is prepared and

without the use of . Quickbreads are leavened with . Examples include:

Yeast Breads rise and are leavened with .

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| **CLASSIFICATION** | **LIQUIDS** | **FLOUR** | **EXAMPLES** |
| Thin | 250mL | 1 |  |
|  | 250mL | 2 |  |
| Soft Dough | 250mL | 3 |  |
| Stiff Dough | 250mL | 4 |  |

We use three main methods to prepare our quickbreads. They are:

1. .
2. .
3. .

**ROLE OF INGREDIENTS**

1. **FLOUR**

* Provides , a protein substance, which forms elastic strands which mixed with liquid.
* Gives to a product.

1. **FAT**
   * Tenderizes product by interfering with development
   * Can effect flavour and colour
   * Includes oil, butter or margarine, and lard.
2. **EGGS**
   * Holds (or binds) ingredients together
   * Adds flavour, nutrients, colour
3. **LIQUIDS**
   * Needed to develop gluten in flour
   * Provides solvent for dissolving solutes such as sugar, salt and leaveners, and steam for .
4. **LEAVENING**
   * An ingredient or combination of ingredients that produces a

, that makes a product and become light and porous.

* **3 leaveners:**
  + 1.
  + 2.
  + 3.
* Leavening agents are: baking , baking , and an (such as vinegar, sour milk, lemon juice) and yeast.

1. **SUGAR**
   * Adds colour to product due to browning or .
   * Increase tenderness (absorbs thus preventing gluten development)
   * Adds flavour
2. **SALT**
   * Enhances flavour of other .