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EC59 Quick Breads

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EVERY Nebraska family can make a contribution toward improving the nation's health by eating liberal amounts of "protective foods." Cereal foods furnish inexpensive tissue building and energy material. They also furnish the morale-building B Vitamins that our government feels are doubly necessary to the nutritional well being of people in war time. Whole grain and enriched flours and breads are specifically included in this group.

Because of the valuable properties of cereals, *use at least one serving daily of whole grain product (such as oatmeal, cracked or ground whole wheat or sorghum) and one serving of bread and butter (some whole wheat or "enriched" bread).*

Cereal foods are not just "breakfast foods" but actually all breads and other foods prepared with flour.

Quick breads add their share of nutrients when they are made with whole grain or enriched flour. Even griddle cakes made of at least one-half cornmeal or whole wheat and one-half enriched flour count as one serving when checking the day's required cereals.

Baking powder biscuits, muffins, waffles and loaf breads may also be made from whole grain or enriched flour. Quick breads differ from yeast breads in that they are made with a leavening that acts more quickly than yeast. They may be mixed and baked at once, thus involving but a short time in the making and baking. Served with fruit they make a pleasing dessert.

TYPES AND PROPORTIONS OF QUICK BREADS

Quick breads are usually divided into two groups, batters and doughs, according to the different proportions of flour to liquid used. The following table shows these differences:

Kind of batter	Type of bread	Proportions
Pour batter— Will pour easily from a spoon or a pitcher and can vary in degree of thinness.	griddle cakes waffles popovers	1 cup liquid to 1 to 1½ cups flour
Drop batter— Does not pour readily, but drops in a soft moist mass from a spoon.	muffins nut bread spoon bread dumplings drop biscuits coffee cake	1 cup liquid to 1½ to 2 cups flour
Soft dough— Can be handled more or less easily.	biscuits short cakes scones	1 cup liquid to 2 to 2½ cups flour

INGREDIENTS

Flour:—The bulk and much of the food value of bread is supplied by its basic ingredient, flour. Best suited for batters and doughs is an all-purpose wheat flour containing a moderate amount of gluten.

Whole Wheat or graham flour has some or all of the original vitamin and mineral value retained in the milling and is superior to enriched flour.

Enriched Flour is wheat or white flour with two vitamins (thiamin or B₁ and niacin) and one mineral (iron) added. The name "Enriched Flour" appears on every bag or package that contains these added important food nutrients. Enriched flour looks, tastes, and bakes exactly like flour which does not have the added mineral and vitamins.

Soybean Flour is made in some parts of Nebraska from the Illini soybean or other varieties raised. Similar to the dry soybean in food values, it is rich in proteins and is a good source of calcium, phosphorus and iron. It contains very little starch and therefore is often used in breads for diabetics.

Sorghum Flour may be made of several varieties of grain sorghums, ground either by a small hand grinder at home or at the mill. Similar to wheat in composition, it is superior in amount of iron but contains somewhat less calcium and phosphorus. Ground sorghum flour contains no gluten so it must be used in combination with wheat flour.

Oatmeal and *cornmeal* combine easily with wheat flour and may be used in quick breads.

Wheat Germ added to wheat or other flours gives a more nutritious product. It is comparatively high in fat, protein, minerals, and thiamin. Store in glass or metal container.

Leavening Agent:—The leavening agent in quick breads may be *steam*, as in popovers, or *carbon dioxide*, which is produced by baking powder, or baking soda and an acid such as sour milk.

Baking Powders are made of baking soda with some acid-reacting material such as cream of tartar, plus starch to keep the other ingredients dry. Baking Powder loses its leavening power unless kept covered.

In general for each cup of flour in a batter or dough, 1½ teaspoons of baking powder are needed.

Soda and Sour Milk:—When soda and sour milk are used, add the soda to the dry ingredients. Soda added to sour milk reacts immediately to liberate gas that is necessary to leaven the dough when baking. In this method some of the gas needed for leavening may be lost.

The rule is ½ teaspoon of soda for each cup of sour milk or molasses. Too much soda gives a disagreeable flavor and odor as well as a yellow color. One teaspoon of soda, if there is plenty of acid to react with it, may be considered equal in leavening power to 4 teaspoons of baking powder.

To substitute sour milk and soda for sweet milk and baking powder in thin batters, substitute the same quan-

tity of sour milk for sweet milk and use half a teaspoon of soda for each cup of sour milk. For thick batters and doughs, baking powder is usually needed in addition. Follow the recipe directions. The following example shows how to substitute sour milk and soda in a recipe calling for sweet milk and baking powder:

1 cup sweet milk		1 cup sour milk
2 cups flour	is equal to	2 cups flour
3 tsp. baking powder		$\frac{1}{2}$ tsp. soda
		1 tsp. baking powder

Liquid:—Milk is the best liquid to use for flavor, texture and food value. Water, potato water, molasses or sirup may be used instead of milk but milk increases food value and improves the color of the crust. In any quick bread except popovers, sour milk may be substituted for sweet if leavening agents are properly adjusted.

Lard is a suitable fat for quick breads. In general it has greater shortening power than other fats. Butter has excellent food value and flavor. While butter contains 20% water, it may be used interchangeably with lard in quick breads.

Sweetening:—Granulated sugar, either beet or cane, is satisfactory for quick breads. Honey, molasses or corn sirup may be used in place of sugar.

Eggs:—Eggs add additional food value, flavor, and material for the framework of quick breads.

METHOD OF MIXING

Accurate measurements are essential to success. The method of mixing quick breads is especially important in order to have a light delicious product. Griddle cakes and waffles should be stirred very little. They contain less flour in proportion to the liquid, and beating may develop the gluten too much and make them tough. The stiff or drop batters, as muffins, should be mixed and stirred only enough to moisten the dry ingredients. Muffins if overmixed will have tunnels on the inside and peaks or knobs on the outside.

There are two methods of combining the dry and liquid ingredients. (1) *The Muffin Method* is usually used for batter type of quick bread. The dry ingredients are mixed and sifted; then the liquid, beaten egg, and melted shortening are combined and added. (2) *The Biscuit Method* is used for soft doughs, and may be used for muffins. The solid fat is mixed with the flour and other dry ingredients before the liquid is added.

Baking:—Baking causes important changes in batters and doughs. Heat hastens the action of the baking powder or the chemical leavening agent in forming gas, and after the mixture is risen it cooks and sets it, then browns the crust. In baking it is important to regulate the temperature so the mixture will set when it has risen sufficiently and before the gas has had time to escape.

Approximate temperatures and time periods for baking quick breads:

Muffins	400–425° F.	(Hot)	20–25 minutes
Biscuits	425–450° F.	(Hot)	12–15 minutes
Quick loaf breads	370–375° F.	(Moderate)	50–60 minutes
Corn bread	375–400° F.	(Moderate)	20–30 minutes

Check the following questions to see if you are using approved practices in making quick breads: (1) Am I using either whole grain cereals or enriched flour regularly? (2) Am I using an approved method for making muffins? (3) Am I using an approved method for making biscuits?

GRIDDLE CAKES

A standard product is light, tender, dry, uniform brown and of pleasing flavor. Turn griddle cakes only once during the baking, just before the bubbles burst, and before they are dry on top to avoid loss of lightness. If the griddle cake batter is flattened, the air bubbles are broken and make the cakes leathery.

Basic Recipe

2 c. sifted flour	1 tsp. salt	1 egg, well beaten
3 tsp. baking powder	1 Tb. sugar	1½ c. milk
2 Tb. melted shortening		

Mix and sift dry ingredients. Combine beaten egg, melted shortening, and milk; add flour mixture and beat only until smooth. Bake on ungreased, smooth, hot griddle or slightly greased griddle.

Variations:—Sour milk griddle cakes—Substitute 1 tsp. soda for baking powder and 1½ c. sour milk or buttermilk for sweet milk.

Cornmeal—Substitute ¾ c. cornmeal for ¾ c. white flour and dark molasses for the sugar.

Sour cream—Cornmeal: Substitute ⅔ c. cornmeal for ⅔ c. flour, 1 tsp. soda for baking powder, 1½ c. sour cream for 1½ c. sweet milk. Omit shortening.

Soybean—Substitute 1 cup de-oiled soybean flour for 1 cup flour.

Sorgo Pancakes

1 c. sorghum flour	1 Tb. lard	1½ tsp. baking powder
½ tsp. salt	1 c. milk	

Combine dry ingredients. Combine melted lard and milk and add to the dry mixture. Beat until smooth.

WAFFLES

A standard product is light, tended, even-grained, crisp golden brown in color and pleasing in flavor.

A finer textured product is obtained if the melted shortening is cooled before adding, and if the egg whites are beaten separately and folded in last.

Basic Recipe

1½ c. flour	3 tsp. baking powder	2 egg whites, beaten stiff
½ tsp. salt	1 c. milk	3 Tb. melted shortening
2 tsp. sugar	2 egg yolks, well beaten	

Mix and sift dry ingredients. Add milk, egg yolks, melted shortening. Fold in egg whites (8 to 12 waffles.)

Variations:—Sour Milk Waffles.—Use sour milk; add ¼ tsp. soda.

Sour Cream Waffles.—Use rich sour cream. Add ¼ tsp. soda. Omit shortening.

BISCUITS

A standard product is symmetrical in shape, has vertical sides, a fairly smooth top and has a tender golden

brown crust. The inside is light, fluffy, flaky, creamy white, and the cells are small and evenly distributed.

Basic Recipe

2 c. flour	3 tsp. baking powder	$\frac{3}{4}$ c. milk
1 tsp. salt	$\frac{1}{3}$ c. shortening	

Blend the sifted dry ingredients and the fat until the mass resembles cornmeal. Add most of the milk at once, stirring with a fork or spoon. The amount of liquid needed varies with the flour but add it until the mixture follows the spoon or fork in the bowl. Remove dough to lightly floured board, knead lightly 10 to 20 times. Roll, cut, and bake in hot oven (450°) from 12 to 15 minutes.

Variations:—(1) Sour cream biscuits—Omit shortening, and for liquid substitute $\frac{1}{3}$ c. thick sour cream and $\frac{2}{3}$ c. sour milk or 1 c. thin sour cream. Use $\frac{1}{2}$ tsp. soda and $1\frac{1}{2}$ tsp. baking powder. (2) Sweet cream biscuits—Omit shortening and substitute thin cream for liquid and shortening. (3) Oatmeal biscuits—Use $\frac{3}{4}$ c. oatmeal for $\frac{1}{2}$ c. white flour. (4) Cornmeal biscuits—Use 1 c. cornmeal and 1 c. flour. (5) Plain shortcake—Add 2 Tb. sugar to standard recipe. (6) Buttermilk shortcake—To $\frac{2}{3}$ c. buttermilk, add 1 beaten egg. Add 1 Tb. sugar to dry ingredients. For leavening, use $\frac{1}{2}$ tsp. soda and 1 tsp. baking powder.

Biscuit Mix

8 c. flour	4 tsp. salt
4 Tb. baking powder	1 c. lard

Sift flour, baking powder and salt together. Cut in lard until the mixture has the appearance of cornmeal. Cover closely and keep in a cool place, using as needed.

Buttermilk Biscuits

2 c. flour	2 tsp. baking powder	5 Tb. shortening
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ tsp. soda	1 c. buttermilk

Sift flour, salt, baking powder and soda. Cut in shortening. Add buttermilk all at once. Roll $\frac{3}{8}$ inch thick. Bake 12 to 15 minutes in hot oven (450°F.).

MUFFINS

“The secret of a good muffin is to undermix rather than overmix. Never beat.”

A standard product is light, even-textured with air cells approximately the same size. There are no uneven air spaces, called tunnels. The crust is a golden brown. The shape is symmetrical.

Basic Recipe

2 c. flour	1 egg	1 c. milk
3 tsp. baking powder	3 Tb. fat	2 Tb. sugar, honey
$\frac{1}{2}$ tsp. salt		

Sift dry ingredients together. Mix the beaten egg, milk, sugar and melted fat. Add the combined liquid to dry ingredients all at once and stir long enough to barely mix. Fill muffin pans $\frac{2}{3}$ full. Bake at $400\text{--}425^{\circ}\text{F.}$ for about 20 minutes.

Variations:—(1) Cranberry muffins—Use 8 Tb. sugar in place of 2 Tb. and mix with 1 c. chopped raw cranberries and add to batter. Reduce milk to $\frac{3}{4}$ c. (2) Whole

wheat—Use 1 c. whole wheat flour for 1 c. of white flour.
 (3) Oatmeal—Use $1\frac{1}{4}$ c. rolled oats and $\frac{3}{4}$ c. white flour.
 (4) Date muffins—Add $\frac{2}{3}$ c. finely cut dates to dry ingredients. (5) Cornmeal muffins—Use 1 c. cornmeal and 1 c. flour for the 2 c. flour.

Cornmeal Muffins

2 c. cornmeal	2 Tb. sugar	1 c. sweet milk
2 c. boiling water	2 eggs	2 Tb. melted butter
1 tsp. salt	4 tsp. baking powder	

Mix meal and salt. Pour over them the boiling water and add cold milk at once. Add well-beaten eggs, baking powder, and melted butter. (14 to 16 muffins).

LOAF BREADS

Quick loaf breads keep well and are favorites at tea or supper when they may be sliced thinly and served plain or made into sandwiches. To slice smoothly, the bread should not be cut until 24 hours after baking. It is necessary to stir quick loaf breads only long enough to combine the ingredients.

A *standard product* has a slightly rounded top, is uniformly brown, has a moist crumb, and even air cells.

Whole Wheat Nut Bread

$1\frac{1}{2}$ c. whole wheat flour	4 Tb. sugar	$1\frac{1}{4}$ c. milk
$\frac{3}{4}$ c. flour	$\frac{1}{4}$ c. raisins	$1\frac{1}{2}$ tsp. salt
3 tsp. baking powder	$\frac{1}{2}$ c. nuts	3 Tb. shortening
$\frac{1}{4}$ tsp. soda	3 Tb. molasses	

Sift dry ingredients together, add chopped nuts and raisins. Mix milk and molasses and add to dry ingredients. Pour into greased loaf tin 8"x4"x3". Bake 50 to 60 minutes in moderate oven (350°F.). Cuts 32 slices.

Quick Raisin Oatmeal Loaf

$1\frac{1}{2}$ c. milk	4 tsp. baking powder
1 c. quick-cooking oats	$1\frac{1}{2}$ tsp. salt
1 c. raisins or sliced dates	$\frac{1}{4}$ c. sugar (brown or white)
1 egg	2 Tb. fat
2 c. bread flour	

Scald the milk, remove it from the heat, and add the oats and raisins or dates. Allow the mixture to cool. In the meantime sift the flour with the baking powder, salt and sugar, beat the eggs. Stir the egg into the milk mixture and add the sifted flour. Place in a well-greased loaf pan and bake at 325°F. for 1 hour.

Christmas Orange Loaf

2 Tb. shortening	2 c. flour	1 c. orange juice
4 Tb. sugar	3 tsp. baking powder	1 tsp. grated orange rind
1 egg	1 tsp. salt	1 c. chopped nut meats

Put the shortening, sugar and egg in a bowl and beat until blended. Add the flour sifted with the baking powder and salt. Add the orange juice and grated orange rind. Beat until smooth and add nut meats. Fill well-greased cans or molds $\frac{3}{4}$ full, cover and steam for $2\frac{1}{2}$ hours, or turn into a greased bread pan and bake in a slow oven (350°F.) 1 hour.

(Prepared by May Stanek, State Extension Agent in Foods and Nutrition.)
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