



Grains of truth about QUICK BREADS

Definitions

Quick breads offer instant gratification to busy people who love to bake. Quick breads, unlike yeast breads, rise with the help of quick-acting leavening agents (baking powder, baking soda or a combination of both) and are generally baked as soon as the dough has been mixed.

Quick breads can be savory or sweet, depending on the type of bread. Many of the quick breads are best served warm from the oven, however, nut and fruit loaves will slice easier if they are baked the day before; if sliced while hot they may crumble.

Mixtures vary in thickness from thin batters that pour, through drop batters to soft dough, depending on the type of quick bread. The characteristics of the finished product depends so much on the way the ingredients are combined that quick breads may be classified according to the methods by which they are mixed. There is an assortment of baked goods we eat everyday that are quick breads: muffins, corn bread, biscuits, scones and quick loaf breads, (i.e., banana bread, fruit and nut breads.) Also listed in the quick bread category are pancakes, waffles, doughnuts, fritters, dumplings, short cake and coffee cakes. Each of the quick breads listed has an array of recipes from which to choose.

History

Chemically produced carbon dioxide was introduced as a leavening for baked goods less than 200 years ago. In 1846, Austin Church and John Dwight created the first commercial baking soda in New York City and in 1856, a Harvard University professor received a United States patent on a baking powder.



During the Civil War, quick breads became more popular than ever. Women who used to be at home all day to tend a rising loaf were suddenly given many new duties away from home. They needed bread that would be ready in a hurry.

Techniques

Pans: Biscuit and muffins brown best on shiny metal cookie sheets and muffin pans. For browning loaves, use loaf pans made of dull metal, anodized aluminum or glass.

Try to use the size of pan indicated in the recipe. Different sized pan calls for different baking times. Always prepare the pan as directed in the recipe.

Mixing: Always read the directions thoroughly. It is important to mix the ingredients as described in the instructions. Combine dry and liquid ingredients separately, unless otherwise noted in the directions.

Do not overmix. Be sure to mix ingredients only as long as the recipe specifies. Otherwise, some quick breads may be coarse-textured and tough.

Tips:

- ◆ To distribute the leavening evenly in the batter without overmixing, sift the dry ingredients together several times before stirring in the liquids.
- ◆ If using a self-rising flour, omit baking powder and salt.
- ◆ When mixing pancake or waffle batter, stir quickly just until flour is moistened; batter will be lumpy.
- ◆ Mix the dough for biscuits just until it leaves the side of the bowl; it will be sticky.



Baking: Preheat the oven before starting to mix the ingredients. Check the recipe or package directions for proper setting.

Tips:

- ◆ For optimum results, bake quick breads as soon as possible after mixing. The rising power (carbon dioxide) in baking soda and baking powder begins to release as soon as the dry ingredients are moistened.
- ◆ When baking time is up, insert a toothpick into the center of the loaf. If the toothpick comes out clean, the bread is done. If not, continue baking in 2 to 3 minute increments, checking each time with the toothpick until it comes out clean.
- ◆ Don't worry if loaf is cracked on top; a deep crack down the center of quick-bread loaves is typical.
- ◆ Most quick bread recipes require the bread cool in the pan for 10 minutes. Finish cooling on a wire rack.

Storage

Tips:

- ◆ Leftovers may be stored at room temperature, in a resealable plastic bag or an airtight container to retain moisture. Reheat and use within a day or so.
- ◆ Nut and fruit loaves are at their best if made the day before serving. They should be cooled completely, wrapped tightly and kept at room temperature.
- ◆ To freeze quick breads, wrap in foil, heavy-duty plastic wrap or freezer-wrap and press all the air from package; freeze for up to 3 months.
- ◆ To thaw, let stand, wrapped, at room temperature for about 1½ hours.

Reheat Quick Breads

- ◆ **Biscuits:** Wrap leftover biscuits in foil; heat in oven preheated to 375°F about 20 minutes or until hot.
- ◆ **Corn bread:** Split servings; spread split sides with softened butter or margarine and toast under broiler.
- ◆ **Coffee cakes and bread loaves:** Wrap in foil; heat in oven preheated to 400°F for 20 to 30 minutes or until hot.
- ◆ **Muffins:** Wrap in foil; heat in oven preheated to 400°F about 15 minutes.

Recipes

Chocolate Chip Banana Bread

½ cup	margarine
1¼ cups	sugar
2	eggs
½ cup	light sour cream
1 cup	mashed over-ripe bananas
1 teaspoon	baking soda
½ teaspoon	salt
2 cups	all-purpose flour*
¼ cup	mini chocolate chips, optional (can use more)

PREHEAT OVEN: 350°F

In a large bowl, cream margarine and sugar with an electric mixer. Add eggs and beat until blended. Add sour cream and bananas; blend. Mix soda with flour and add to mixture. Beat on low setting until just mixed. Stir in chocolate chips.

Pour into a 9 x 4 x 4-inch loaf pan, which has been sprayed with non-stick baker's spray. Bake at 350°F for 50 to 60 minutes/340°F in a glass pan for 65 minutes or until toothpick comes out clean. Let stand in pan 5 to 10 minutes. Remove from pan and cool on rack. Slice into 12 slices.

Nutrient Analysis (includes chocolate chips): One serving provides approximately: 250 calories, 4 g protein, 44 g carbohydrates, 1 g fiber, 7 g fat (2 g saturated), 39 mg cholesterol, 37 mcg folate, 1 g iron, 47 mg calcium, 61 mg potassium and 308 mg sodium.

*FOR HIGH ALTITUDE:

Add 1 additional tablespoon of flour to dry mix.

Wheat Foods
C O U N C I L

19201 E. Mainstreet
Suite 103
Parker, CO 80134
303-840-8787
303-840-6877 fax
www.wheatfoods.org
info@wheatfoods.org

