

CRUNCH TIME

Baking Science



INGREDIENTS:

- 500g Bakers flour
- 375ml Lukewarm water
- 14g/ 2 Sachets dry yeast
- 1 Tbsp sugar
- 1 "Prepared earlier" fermenting yeast
- 1 Tsp salt
- 1 "Prepared earlier" proofed dough doubled in size
- 1 "Prepared earlier" baked loaf
- 1 "Prepared earlier" mixed dough

EQUIPMENT:

- Scales
- Measuring jug
- Spoon
- Mixing bowl
- Loaf tin
- Serrated bread knife



METHOD:

1. The first step in baking is measuring the ingredients.
2. Weighing ingredients is preferable as it's more consistent (weigh flour on scales. pour warm water into measuring jug)
3. Yeast, an important ingredient in bread, is a living organism. Right now it's dormant. That means it's asleep
4. Adding warm water to the yeast wakes it up. The right temperature is important. Water too hot will kill the yeast and too cold will not wake it fast enough (add warm water to yeast)
5. When the yeast wakes up, it's very hungry. And it wants sugar! (Mix yeast and water with sugar)
6. The yeast absorbs the sugar and then carbon dioxide is released, causing bubbles to form (show "prepared earlier" fermenting yeast)
7. This is called fermentation and in the dough it makes the bread rise
8. After flour and salt are added and the dough has to be kneaded. Kneading involves pushing and pulling the dough to stretch and strengthen the gluten in the dough
9. The dough is tired now and needs a little rest in order to grow. That's called proving. Dough is sufficiently proofed when it has doubled in size (show "prepared earlier" proofed dough doubled in size)
10. Now the dough needs to be pressed down. This is called Punching Down but you will actually be gently deflating it rather than punching it
11. Shape the dough and place in a loaf tin or baking tray and let it rise in a warm, moist environment (shape dough and place in loaf tin)
12. The final step is to bake the bread
13. Yeast makes the bread light and moist and helps hold the ingredients together to make a strong dough

ADDITIONAL NOTES:

- 1 "Prepared earlier" fermenting yeast
- 1 "Prepared earlier" proofed dough doubled in size
- 1 "Prepared earlier" baked loaf
- 1 "Prepared earlier" mixed dough



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