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**NEP**

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Nutrition Education Program

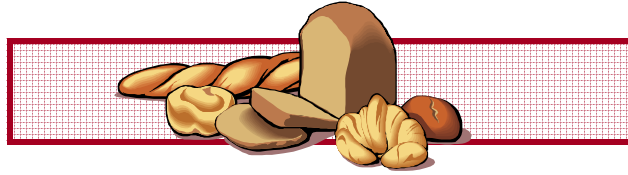
# YEAST BREADS



**Utah State**  
UNIVERSITY  
EXTENSION

Department of  
Workforce Services





## YEAST BREADS

Over the centuries, bread has been known as the staff of life. From the coarse-grained loaves of great grandmother's time to the fine, enriched breads of modern day, bread continues to play an important part in our daily diet.

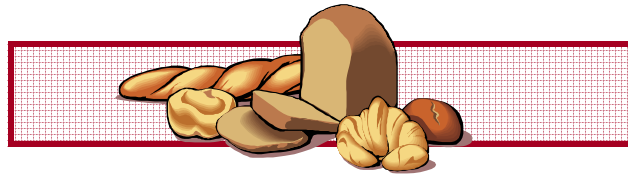
Flavor, aroma and texture are the qualities that account for the popularity of yeast breads. Who can resist a warm slice of homemade bread?

### Things to Know

- ◆ Yeast breads are part of the grain group found at the base of the Food Guide Pyramid.
- ◆ Breads are a major source of complex carbohydrates (starches), fiber and B vitamins.
- ◆ A healthy diet should include 6-11 servings of whole grain daily from this group.
- ◆ A serving is one slice of bread or one roll.
- ◆ Yeast breads differ from quick breads in that they are leavened by yeast, a living organism, rather than baking soda or baking powder and are often much lower in fat and sugar.
- ◆ When yeast is mixed with water and sugar, the yeast ferments to produce carbon dioxide, filling the bread dough with tiny air bubbles. Water also combines with the gluten protein in the flour to form the elastic structure of the dough that traps the air bubbles and makes the bread rise.
- ◆ Working the dough to develop gluten through kneading is unique to making yeast bread. The gluten becomes more elastic as it is stretched.
- ◆ A dome shape, soft and silky texture, and a fine uniform grain are characteristics of a sufficiently kneaded bread. Under kneaded bread has a coarse texture and irregular grain.

### Skills

- ◆ To knead:
  1. Place the dough on a lightly floured surface.
  2. With lightly floured hands pick up the farthest edge of the dough and fold it over on top of the nearest edge.
  3. Lightly push down and out with the heels of the palms. Do not use fingertips.



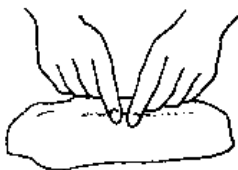
4. Give the dough a quarter turn and repeat the process.
  5. Knead quickly and easily with fingers curved and maintain a rhythmic motion: fold, push, turn; fold, push, turn. Avoid short, abrupt motions which could tear the dough. Add a little extra flour to the dough if it sticks during kneading.
  6. Continue to knead for 8-10 minutes. The dough is ready when it feels springy and elastic. The surface should be smooth and satiny and have small blisters just under the surface. It should not stick to the surface or your hands.
- ◆ The dough should now be set aside to rise. Grease the top with oil or shortening so it won't dry out. Cover with a clean cloth. Let rise until double in bulk. Punch down and let rise again until double.
  - ◆ You may now use the dough for many different baked products such as loaves of bread, dinner rolls, cinnamon rolls or pizza crust.
  - ◆ Shaping a loaf of bread

1. After the dough has completed the second rising, punch it down and divide into the number of loaves you are making. Allow to rest for 10 minutes. Then the dough is ready to shape into loaves.



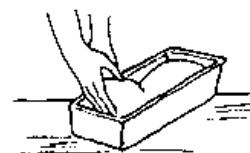
2. Roll the dough with a rolling pin into a 10 by 6 inch rectangle forcing out the gas bubbles.

3. Beginning with the 6 inch edge, roll the dough toward you in jelly roll fashion; Push the roll into the dough as you roll to prevent holes from forming.

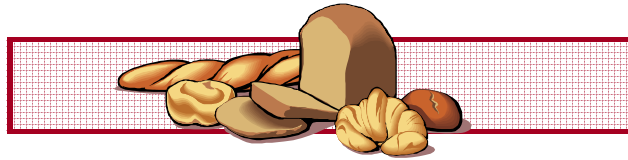


4. Seal by pinching the edge and the roll together with your fingers.

5. Seal the ends by pinching them into the roll.

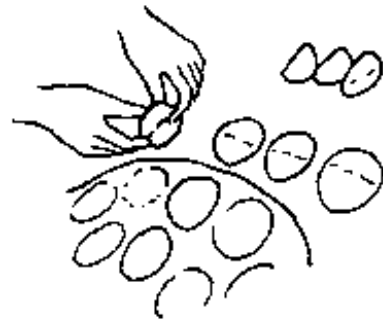


6. Place the loaf in the center of a greased pan with the seam underneath and let rise.



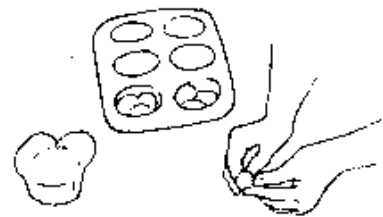
◆ Shaping Parkerhouse Rolls:

1. Roll out dough on a well floured surface. Cut into circles with floured biscuit cutter.
2. Brush with melted margarine. With dull edge of knife, make line indentation across center of circle. Fold circle on the line indentation and press edges together.
3. Place in rows on greased pan. Brush tops with melted margarine.
4. Let rise in warm place until about double in size.
5. Bake at 375°F for 12 to 15 minutes. When baked, remove from pan immediately.



◆ Shaping Cloverleaf Rolls:

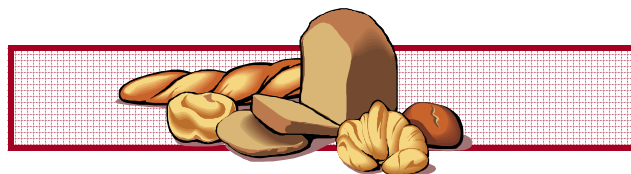
1. Coat muffin tins with melted margarine.
2. Place three one inch balls of dough in each cup. Roll each ball in cup to coat with margarine.
3. Let rise in warm place until about double in size.
4. Bake at 400° F for 9 to 10 minutes. When baked, remove from pan immediately.



◆ Making Cinnamon Rolls:

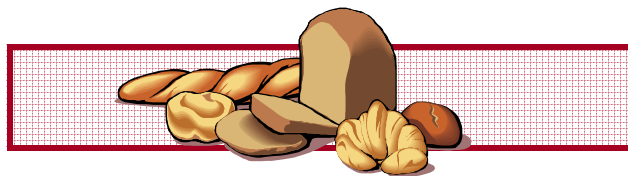
1. On a well floured surface, roll dough into a rectangle shape about  $\frac{1}{2}$ " thick. Brush with melted margarine and sprinkle with a mixture of cinnamon and sugar. Raisin and nuts are optional.
2. Roll up and cut into slices  $1\frac{1}{2}$ " thick.
3. Place in rows in a greased pan. Cover with greased plastic wrap or a moist, clean dish towel and let rise in a warm place for 1 hour.
4. Bake at 375° for 12 to 15 minutes.
5. Remove from pan immediately and cool slightly.
6. Make icing by mixing thoroughly; 1 package (1 lb.) powdered sugar, 1/4 cup soft margarine, 1/4 cup hot water, 1 tsp. vanilla. Drizzle over warm rolls.





## Storage

- ◆ After baking, remove the bread from its pan, set on a rack and let cool slowly in a draft-free place.
- ◆ Place in a plastic bag or plastic wrap and store at room temperature. Yeast breads will last from two to seven days, depending on the bread.
- ◆ Breads stale more quickly in the refrigerator. They can, however, be frozen for several months if well wrapped.
- ◆ Before freezing, wrap the dough tightly in plastic and place it in a plastic bag or wrap it in foil and seal with tape.
- ◆ To thaw, leave wrapped at room temperature or wrap it in foil. Do not shake ice crystals out of the bag while thawing so the moisture will be reabsorbed.
- ◆ Refrigerator storage is also possible for yeast doughs. Prepare the dough as usual to the point of shaping. Grease the top lightly and cover the dough to prevent crust formation. The dough will keep for 3-4 days in the refrigerator but may need to be punched down occasionally. Allow the dough to reach room temperature before attempting to shape it into loaves or rolls.
- ◆ Bread dough may also be frozen. After the dough has risen for the second time, wrap tightly in freezer paper and seal. Place it in the freezer for up to two weeks. When you are ready to use it, defrost the dough in its original wrapping overnight in the refrigerator. Allow it to rise and bake as usual.



## Bread In A Bag

### Ingredients:

4 cups flour

1 pkg. rapid rise yeast

2 Tbsp. sugar

1 tsp. salt

1½ cups very warm water

2 Tbsp. margarine, softened

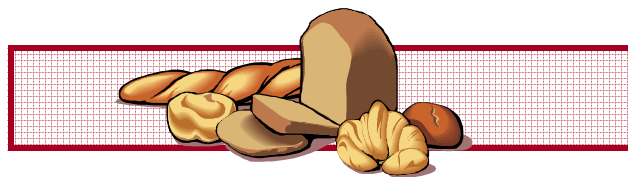
cooking spray

### Directions:

In a zippered plastic bag, mix 1½ cups flour, yeast, sugar and salt. Add water and margarine. Seal bag and knead the bag with fingers to blend ingredients. Add 1½ cups flour and work until well blended. Add another cup of flour and knead until dough forms and doesn't stick to the bag. Turn dough out onto lightly floured surface. Knead 15-20 times until smooth and elastic. Spray dough with cooking spray; cover with bag; let rest 10 minutes. Punch dough down. Divide dough into two equal pieces. Roll each into rectangle. Roll up tightly from short end. Pinch seam and ends to seal. Place seam side down in bread loaf pans coated with cooking spray. Cover; let rise in warm, draft free place until doubled in size, about 20-30 minutes. Bake 350° for 25-30 minutes or until done. Remove from pans; cool on wire racks.

Yield: 2 loaves

<b>Bread in a Bag Nutrition Facts</b>			
<b>Serving Size</b>		<b>1 slice</b>	
<b>Servings Per Container</b>		<b>14</b>	
<b>Amount per serving</b>			
<b>Calories</b>	<b>153</b>	<b>Calories from Fat</b>	<b>18</b>
<b>% Daily Value</b>			
Total Fat	13g		3%
Saturated Fat	5g		2%
Cholesterol	30 mg		0%
Sodium	660 mg		8%
Total Carbohydrate	5g		10%
Dietary Fiber	0g		4%
Sugars	5g		
Protein	5g		
Vitamin A	1%	Vitamin C	0%
Calcium	1%	Iron	10%



## Bread Sticks

### Ingredients

1 Tbsp. yeast

1½ cups warm water

4 cups flour

2 Tbsp. sugar

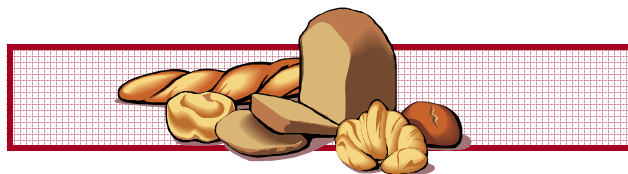
½ tsp. salt

### Directions:

Soften yeast in warm water. Mix sugar, salt, and 3½ cups flour together; add yeast. Blend well, adding enough of the remaining flour to form soft dough. Knead 3 minutes. Cover and let rest for 10 minutes. Coat cookie sheet with margarine or cooking spray. Put dough in the middle of pan and press to outer edges. Spread topping over dough. Cut down the middle and across. Let rise until almost double. Bake at 350° F for 20-25 minutes. Cool in pan.

Yield: 40 bread sticks

<b>Bread Sticks Nutrition Facts</b>			
<b>Serving Size</b>		<b>1 Stick</b>	
<b>Servings Per Container</b>		<b>40</b>	
<b>Amount per serving</b>			
<b>Calories 48</b>		<b>Calories from Fat 1</b>	
<b>% Daily Value</b>			
Total Fat	13g		0%
Saturated Fat	5g		0%
Cholesterol	30 mg		0%
Sodium	660 mg		1%
Total Carbohydrate	5g		3%
Dietary Fiber	0g		2%
Sugars	5g		
Protein	5g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	3%



## Bread Stick Topping

### Ingredients:

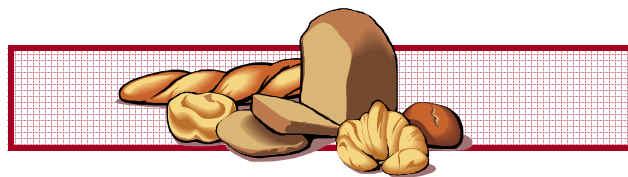
- $\frac{1}{4}$  cup soft margarine
- $\frac{1}{4}$  cup Parmesan cheese
- $\frac{1}{4}$  cup mayonnaise
- $\frac{1}{4}$  tsp. parsley flakes
- $\frac{1}{4}$  tsp. garlic salt

### Directions:

Blend all ingredients together. Spread on top of unbaked bread sticks.

<b>Bread Stick Topping Nutrition Facts</b>			
<b>Serving Size</b>		<b>2 tsp.</b>	
<b>Servings Per Container</b>		<b>40</b>	
<b>Amount per serving</b>			
<b>Calories</b>	<b>22</b>	<b>Calories from Fat</b>	<b>21</b>
<b>% Daily Value</b>			
Total Fat	13g		4%
Saturated Fat	5g		2%
Cholesterol	30 mg		0%
Sodium	660 mg		2%
Total Carbohydrate	5g		0%
Dietary Fiber	0g		0%
Sugars	5g		
Protein	5g		
Vitamin A	1%	Vitamin C	0%
Calcium	1%	Iron	0%





## Pizza Crust

### Ingredients:

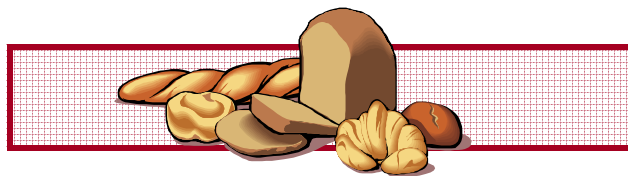
1 pkg. yeast	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ cup very warm water	1 Tbsp. oil
2 cups flour	1 tsp. sugar

### Directions:

Sprinkle yeast into warm water; let stand until dissolved. Stir in sugar, salt, oil and half of flour; mix well. Add enough of remaining flour to make a soft dough that is not sticky. Mix until dough pulls away from sides of bowl and forms a ball. Knead 5 minutes. Cover and let rise 15 minutes, on a lightly greased pizza pan, press dough into a circle; form a rim around edge.

See Pizza Sauce in "Sauces" section.

<b>Pizza Crust Nutrition Facts</b>			
<b>Serving Size</b>		<b>1 slice</b>	
<b>Servings Per Container</b>		<b>8</b>	
<b>Amount per serving</b>			
<b>Calories 133</b>		<b>Calories from Fat 18</b>	
<b>% Daily Value</b>			
Total Fat	13g		3%
Saturated Fat	5g		1%
Cholesterol	30 mg		0%
Sodium	660 mg		6%
Total Carbohydrate	5g		8%
Dietary Fiber	0g		4%
Sugars	5g		
Protein	5g		
Vitamin A	0%	Vitamin C	0%
Calcium	1%	Iron	9%



## French Bread

### Ingredients:

$\frac{1}{2}$ cup warm water	1 Tbsp. salt
2 pkgs. yeast	$\frac{1}{3}$ cup oil
2 cups hot water	3 Tbsp. sugar
1 egg white, beaten	

### Directions:

Dissolve yeast in warm water. In large mixing bowl, combine hot water, sugar, salt and oil. Blend well. Add dissolved yeast and 3 cups flour; beat with electric mixer until smooth and well blended. Add enough remaining flour to make soft dough that can be mixed with a spoon. Leave spoon in batter and allow dough to rest 10 minutes. Stir down and let rest again, repeat process every 10 minutes for an hour. Turn dough out onto lightly floured board; divide into two parts and roll each jelly roll style. Arrange on greased cookie sheet. Brush top with beaten egg white; sprinkle generously with sesame seeds. With sharp knife, slash top diagonally three times, cover, and let rise until double in bulk (20 minutes to 1 hour). Bake at 400° until light brown, about 35 minutes.

Yield: 2 loaves

<b>French Bread Nutrition Facts</b>			
<b>Serving Size</b>		<b>1 Slice</b>	
<b>Servings Per Container</b>		<b>14</b>	
<b>Amount per serving</b>			
<b>Calories</b>	<b>190</b>	<b>Calories from Fat</b>	<b>50</b>
<b>% Daily Value</b>			
Total Fat	13g		9%
Saturated Fat	5g		4%
Cholesterol	30 mg		0%
Sodium	660 mg		21%
Total Carbohydrate	5g		10%
Dietary Fiber	0g		5%
Sugars	5g		
Protein	5g		
Vitamin A	0%	Vitamin C	0%
Calcium	1%	Iron	10%