

Yeast Bread Techniques

Cool-Rise Doughs

- Designed to rise slowly in the refrigerator.
- Mix ingredients and knead dough
- Brief rest, shape dough
- Place in a pan
- Cover dough and place in refrigerator
- Ready (risen) in 2 to 24 hrs.

Refrigerator Doughs

- Designed specifically to rise slowly in the refrigerator (like cool-rise)
- Batter method is often used to prepare these doughs
- Not kneaded like cool-rise doughs
- Shaped after, rather than before refrigeration.
- Can remain in refrigerator for 2-24 hrs.
- Then you shape the dough, let it rise, bake it

Freezer Doughs

- Allow you to mix and knead the dough
- Freeze before or after shaping
- Store in freezer for up to a month
- Thaw, shape if necessary, let rise, and bake.

Yeast Bread Methods

Straight Dough

- Combine all of the ingredients for the bread together.
- Knead the dough until it is smooth and elastic.
- Cover the dough and let it rise until the volume is double in size.
- Press down on the dough to release the gas (“punching” the dough).
- Shape the bread and let it rise again until double in volume.
- Bake.

ADVANTAGES OF THE STRAIGHT DOUGH METHOD

- The straight dough method is one of the most popular methods for mixing yeast dough. It is quick and easy and is a great introduction for those who are somewhat intimidated by making yeast bread. This mixing method creates a very quick and streamlined process for creating yeast bread.

DISADVANTAGES OF THE STRAIGHT DOUGH METHOD

- The straight dough method produces bread that is not as complex in flavor and texture as yeast breads produced with other methods. This method is not used by most professional bread bakers because it produces fairly one dimensional bread. However, the bread made with the straight dough method is still plenty tasty and this method has its place in the baking world especially for beginners!

Rapid Mix

- Fast acting yeast makes the dough rise faster. Yeast is added to flour mixture. It uses very hot water. Undissolved yeast is mixed with flour and other dry ingredients first, before shortening (fat) and liquid are added.

Sponge Method

- The ingredients are mixed together in two steps with the sponge mixing method. The first step is to create the sponge, also known as a preferment.
- A preferment is when some of the ingredients of the yeast dough are mixed together before the whole dough is made. This mixture is allowed to ferment for a period of time before the rest of the ingredients are added. This process creates more depth of flavor and also produces bread with a lighter and fluffier texture.

PROCEDURE FOR THE SPONGE MIXING METHOD

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- STEP 1: MAKE THE SPONGE
- The liquid, all or part of the yeast, and about half of the total quantity of flour are mixed together. This makes a thick batter that will be left to ferment until it is double in bulk.
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- STEP 2: MAKE THE DOUGH
- After the sponge has doubled in size, deflate the air out of it and add the rest of the ingredients. Proceed with the recipe for making the bread.
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ADVANTAGES AND DISADVANTAGES OF THE SPONGE MIXING METHOD FOR YEAST BREAD

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- The sponge mixing method produces breads that have much more complex flavors and a lighter texture. This method is particularly desirable for whole grain breads. The sponge method does, however, create a longer process for the bread from start to finish.

Batter Method

- No-knead method
- Use less flour, yeast is thinner than the dough
- Vigorous stirring, rather than kneading-develops the gluten
- Batter methods that requires 2 risings, rise 1st in a bowl.
- Then spread in a pan for the second rise before baking.

Brown and Serve

- Create a yeast dough (brown and serve dinner rolls), put into freezer bags and freeze for up to 1 month.
- When you're ready for roll, defrost the buns and bake them