Culinary 1 · Unit 3 · Level 2 (modified)

Quick Breads



TODAY'S PLAN

- 🔁 Last Time
- 🧰 Words to Know
- 🍞 Quick vs. Yeast
- ⚙️ Ingredient Jobs
- 🧁 Muffin Method
- 🥐 Biscuit Method
- 👩‍🍳 Lab Preview
- ✅ Check & Wrap-Up

Last Time · 5 minutes

Last Time



1️⃣ 1 cup = how many **tablespoons**? 🥄

2️⃣ What does **flour** do? 🌾

3️⃣ What is **mise en place**? 🧺

Answers: 16 Tbsp · structure: holds it together · everything in its place

Learn

Words to Know (1 of 2)



⚡ **Quick bread** = bread that rises fast with baking soda or baking powder. No waiting!

🫧 **Leavening agent** = makes gas so food rises.

🧬 **Gluten** = the protein in flour. Too much mixing makes it **tough**.

Learn

Words to Know (2 of 2)



🥣 **Batter** = wet, you can **pour** or **drop** it (pancakes, muffins).

🫓 **Dough** = thick, you can **touch** and **shape** it (biscuits, scones).

🍴 **Cut in** = mix solid fat into flour until it looks like small peas.

🧂 **Sift** = shake flour through a screen to make it light.

Learn

Quick Bread or Yeast Bread?

⚡ Quick breads

Rise with **baking soda** or **baking powder**

Mix and bake right away

Muffins, scones, biscuits, pancakes, waffles

⏰ Yeast breads

Rise with **yeast**

Need time to **rise**

Loaf bread, rolls, pizza, pretzels

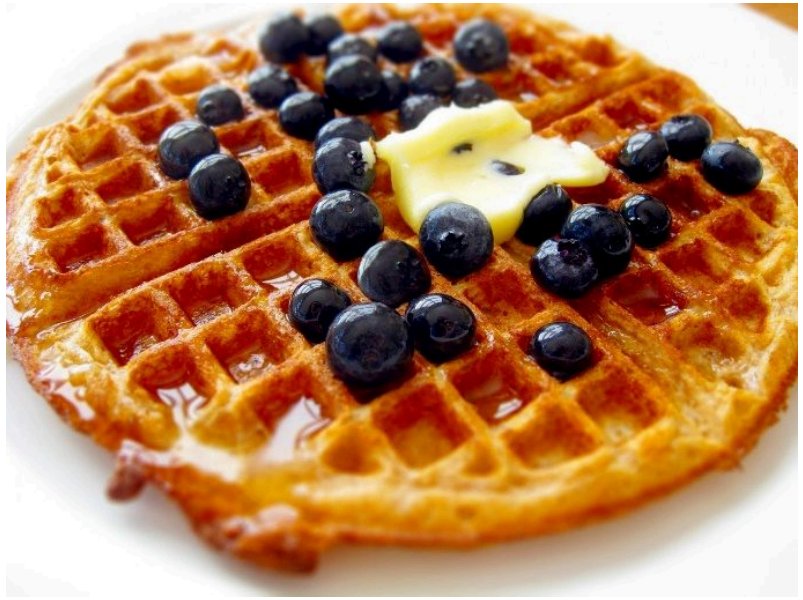
Learn

Quick Breads We Know

🧁 **Muffins** · 🍪 **Scones** · 🥐 **Biscuits**

🥞 **Pancakes** · 🧇 **Waffles** · 🫓 **Crepes**

🍌 Banana bread and cornbread too!



🃏 Check 1 of 5



Which one is a quick bread?

Hold up 1, 2, or 3:

1️⃣ Pizza dough

2️⃣ Muffins

3️⃣ Dinner rolls

✅ Answer · Card 1 of 5



Muffins

Muffins rise with baking powder. Pizza and rolls use yeast.

Learn

Ingredient Jobs



Flour
structure: holds it together



Baking soda / powder
makes it rise



Fat
tender + flavor



Eggs
structure + browning

Also: 🍬 sugar = sweet + brown · 🥛 liquid = moist · 🌿 flavorings = taste.

Learn

Baking Soda and Baking Powder



🧪 **Baking soda** needs an **acid** (like buttermilk) to make bubbles.

✌️ **Baking powder** is **double acting**: bubbles when wet, and again in the oven.

⬆️ Both are **leavening agents**. They make quick breads rise.

🎬 Video

Video: Baking Powder vs. Baking Soda

Scan to watch

Everyday Food (the class video)

👂 Listen for: what baking soda needs.

💬 Captions on

https://www.youtube.com/watch?v=xBw77n7Dsj0

🃏 Check 2 of 5



Baking soda needs what to make bubbles?

Hold up 1, 2, or 3:

1️⃣ Ice water

2️⃣ More salt

3️⃣ An acid

✅ Answer · Card 2 of 5



An acid

An acid like buttermilk, lemon juice, or brown sugar makes baking soda bubble.

Learn

The Muffin Method

1️⃣ Mix **dry** ingredients in one bowl.

2️⃣ Mix **wet** ingredients (with **melted** fat or oil) in another bowl.

3️⃣ Pour wet into dry. Stir **just until wet**. Lumps are OK!

4️⃣ Fill paper cups **⅔ full**.



Learn

Don't Overmix!

🚫 Too much mixing = **tough** muffins.

🕳️ Overmixed muffins have **tunnels** (holes) and **peaks** (pointy tops).

✅ Good muffins have **round, bumpy** tops.

🪥 Done? A **toothpick** comes out **clean**.

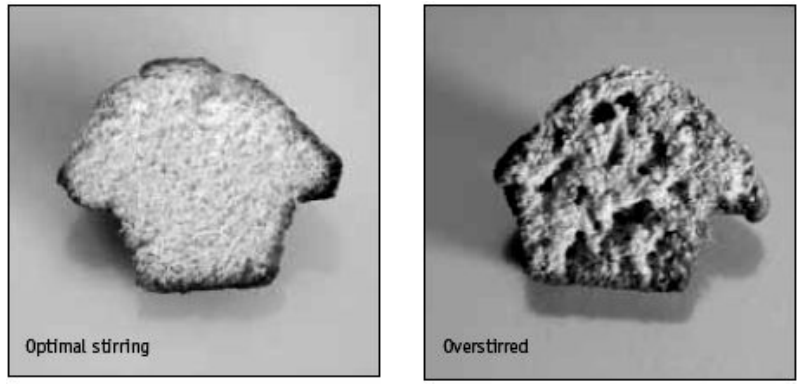


FIGURE 23-2 Overstirring muffin batter results in tunnels.

Left: good · Right: tunnels

🎬 Video

Video: The Muffin Method

Scan to watch

Cosumnes River College, Ep. 41 (the class video)

👂 Listen for: how long to stir.

💬 Captions on

https://www.youtube.com/watch?v=Zamf3t-ilUk

🃏 Check 3 of 5



What happens if you overmix muffins?

Hold up 1, 2, or 3:

1️⃣ Tough, with tunnels

2️⃣ Soft and fluffy

3️⃣ Extra sweet

✅ Answer · Card 3 of 5



Tough, with tunnels

Mixing too much makes gluten strong. Stir just until wet.

Learn

The Biscuit Method

1️⃣ Mix **dry** ingredients.

2️⃣ **Cut in solid** fat (cold butter) until it looks like **peas**.

3️⃣ Add the **wet** ingredients. Stir just until it holds together.

4️⃣ **Pat** or roll the dough. **Cut** shapes. Bake.



Learn

Tool: Pastry Blender

🍴 A **pastry blender** cuts cold butter into flour.

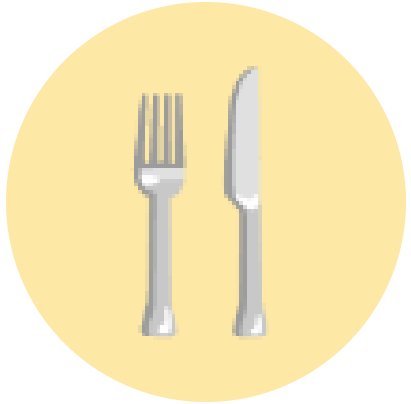
🥐 **Scones** = biscuit method + **eggs** and **milk**. Richer than biscuits.

🟫 Done when **golden brown**.



Scones

🃏 Check 4 of 5



Which tool cuts cold butter into flour?

Hold up 1, 2, or 3:

1️⃣ Whisk

2️⃣ Spatula

3️⃣ Pastry blender

✅ Answer · Card 4 of 5



Pastry blender

Press the pastry blender down into the butter and flour until it looks like peas.

Learn

Muffin vs. Biscuit Method

🧁 Muffin method

- **Melted** fat or oil
- Wet into dry
- Batter (drop)
- Don't overmix

🥐 Biscuit method

- **Solid** cold fat
- Cut in to pea size
- Dough (pat and cut)
- Don't overmix

Lab

Lab Preview: Scones with Vanilla Glaze

🧼 Wash hands. Apron on. Hair back.

🔥 Oven to **400°F**.

🍴 **Cut in** the cold butter with a pastry blender.

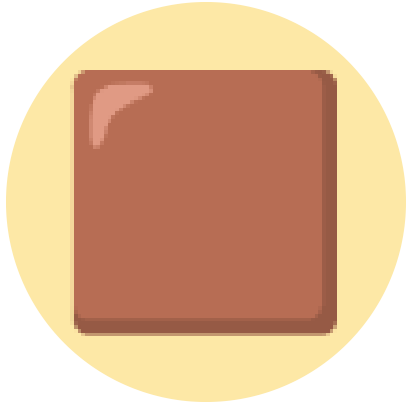
🥄 Stir just until wet. **Knead 5–6 times** only.

🍕 Pat a circle, cut **8 wedges**. Bake about **15 minutes**.

Bring to your station

- 🃏 Picture recipe card
- ✅ Checklist on the card
- 🙋 Ask a partner or para for help

🃏 Check 5 of 5



Your scones are done when they are…

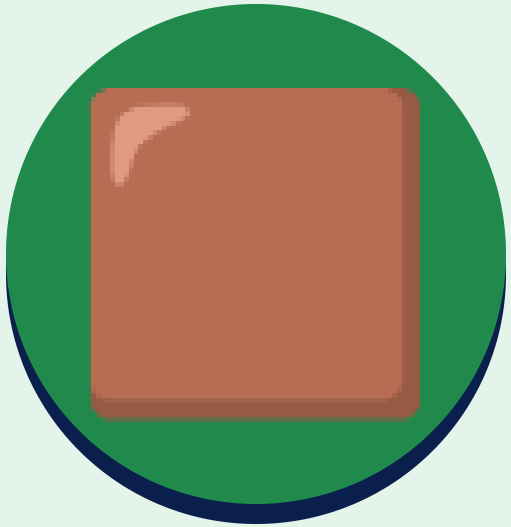
Hold up 1, 2, or 3:

1️⃣ Still white

2️⃣ Golden brown

3️⃣ Dark black

✅ Answer · Card 5 of 5



Golden brown

Golden brown on top means done. Use oven mitts!

Wrap-Up

Recap

⚡ Quick breads

- Baking soda or powder
- No rise time
- Muffins, scones, biscuits

🚫 Don't overmix

- Tough
- Tunnels and peaks
- Stir just until wet

🧰 Methods

- Muffin: melted fat
- Biscuit: cut in cold fat
- Toothpick test

Wrap-Up

Exit Ticket



1️⃣ Name 2 quick breads.

2️⃣ What makes quick breads rise?

3️⃣ What happens if you overmix?

⭐ Stir just until wet!