Culinary 1 · Unit 4 · Level 2 (modified)

Yeast Breads



TODAY'S PLAN

- 🔁 Last Time
- 🧰 Words to Know
- 🦠 What Yeast Needs
- 🤲 Kneading & Proofing
- 🌀 The Stand Mixer
- 🥨 Lab Preview
- ✅ Check & Wrap-Up

Last Time · 5 minutes

Last Time



1️⃣ What makes **quick breads** rise? ⚡

2️⃣ What happens if you **overmix** muffins? 🧁

3️⃣ Name 2 quick breads. 🥐

Answers: baking soda / baking powder · tough, tunnels and peaks · muffins, scones, biscuits, pancakes

Learn

Words to Know (1 of 2)



🦠 **Yeast** = a tiny living thing. It eats sugar and makes **gas**, so dough **rises**.

🍞 **Yeast bread** = bread that rises with yeast. It needs **time**.

🧬 **Gluten** = the protein in flour. It makes dough **stretchy**.

Learn

Words to Know (2 of 2)



🤲 **Knead** = push, fold, and turn dough to build gluten.

⏰ **Proof** = let the dough rest and **rise**.

🌾 **Bread flour** = flour with **more protein**. Chewy bread.

🪝 **Dough hook** = the mixer tool for kneading.

Learn

Yeast Breads We Know

🍞 Loaf bread · 🥖 French bread · 🍕 Pizza dough

🥨 Pretzels · 🌀 Cinnamon rolls · 🥯 Dinner rolls

⏰ All of these need time to rise.



Learn

Quick Bread or Yeast Bread?

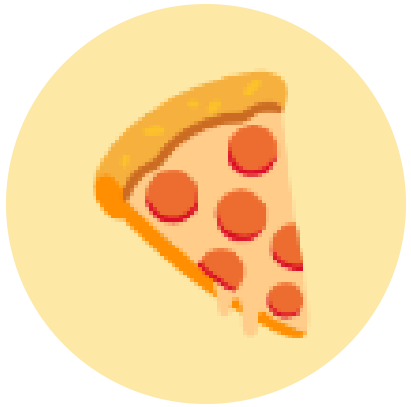
⚡ Quick breads

- Baking soda / powder
- Bake right away
- **Don't overmix**

 Yeast breads

- **Yeast**
- Wait for it to rise
- **Knead** it (don't over-knead)

🃏 Check 1 of 5



What is the leavening agent in pizza dough?

Hold up 1, 2, or 3:

1️⃣ Baking soda

2️⃣ Yeast

3️⃣ Eggs



Yeast

Pizza dough, pretzels, and rolls are yeast breads.

Learn

What Yeast Needs



Warm water
110°F to 120°F



Sugar
food for yeast



Time
to rise (proof)



Not too hot!
hot water kills yeast

Use a thermometer. Warm like a bath, not hot.

Learn

Salt and Yeast

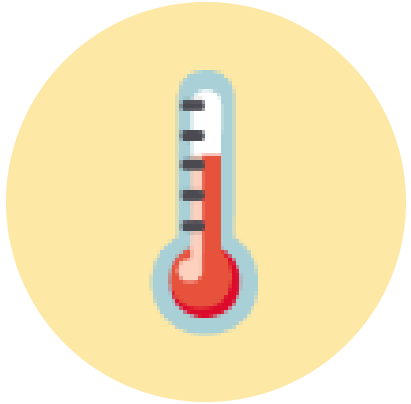


🧂 **Salt** adds flavor and **slows** yeast down.

🚫 Do **not** put salt in the yeast water.

✅ Add the salt **with the flour**.

🃏 Check 2 of 5



What temperature water wakes up yeast?

Hold up 1, 2, or 3:

1️⃣ Ice cold

2️⃣ Boiling, 212°F

3️⃣ 110°F to 120°F

✅ Answer · Card 2 of 5



110°F to 120°F

Warm water wakes yeast up. Hot water kills it.

🎬 Video

Video: Intro to Yeast Bread

Scan to watch

Baker Bettie (the class video)

👂 Listen for: what yeast eats.

💬 Captions on

https://www.youtube.com/watch?v=XxL9RLVgK-0

Learn

Kneading

🤲 **Push** the dough away with the heel of your hand.

🔄 **Fold** it over. **Turn** it. Do it again.

✅ Done when it is **smooth** and **stretchy** (elastic).

🚫 Don't over-knead.



Braided yeast bread

Learn

Proofing



⏰ **Proofing** = letting the dough **rise**.

🫧 Yeast makes gas. The gas gets trapped by the **gluten**.

🍞 The dough gets **bigger** and puffy.

🥨 Our pretzels: rise at least **½ hour**.

🃏 Check 3 of 5



Letting the dough rest and rise is called…

Hold up 1, 2, or 3:

1️⃣ Proofing

2️⃣ Kneading

3️⃣ Creaming

✅ Answer · Card 3 of 5



Proofing

Kneading builds gluten.
Proofing is the rise.

Learn

The Stand Mixer: 3 Tools

🥚 **Wire whip**: whips air in (egg whites, cream).

🍪 **Flat beater**: mixing and creaming (cookies, cakes).

🪝 **Dough hook**: **kneads** bread dough.



Learn

Mixer Extras

🍝 Pasta maker · 🥩 meat grinder · 🧀 slicer and shredder

⚠️ Turn the mixer **off** before you change tools.

🖐️ Keep hands out of the bowl when it is on.



🃏 Check 4 of 5



Which mixer tool kneads bread dough?

Hold up 1, 2, or 3:

1️⃣ Wire whip

2️⃣ Flat beater

3️⃣ Dough hook

✅ Answer · Card 4 of 5



Dough hook

The dough hook kneads. The flat beater creams. The whip adds air.

🎬 Video

Video: Making Soft Pretzels

Scan to watch

Eater: Auntie Anne's pretzels (the class video)

👂 Listen for: how they roll the rope.

💬 Captions on

https://www.youtube.com/watch?v=56CTAkmwxKs

Lab

Lab Preview: Soft Pretzels

🧼 Wash hands. Apron on. Hair back.

🌡️ Yeast in **warm** water. Add sugar.

🤲 Add flour and salt. **Knead** until smooth.

⏰ Let it **rise**. Roll **long, thin ropes**. Shape.

⚠️ **Hot soda bath**: an adult helps. Bake at **450°F**.

Bring to your station

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

Wrap-Up

Recap

🦠 Yeast

- Warm water 110–120°F
- Sugar = food
- Salt slows it

🤲 Steps

- Knead: smooth + stretchy
- Proof: let it rise
- Shape and bake

🌀 Mixer

- Dough hook = knead
- Flat beater = cream
- Whip = air

Wrap-Up

Exit Ticket



1️⃣ What does yeast eat?

2️⃣ What is proofing?

3️⃣ Which mixer tool kneads dough?

⭐ Warm, not hot!