🥨 Yeast Breads Guided Notes

Culinary 1 · Unit 4 Yeast Breads · Level 2 guided notes. Use with the slides and videos.

Name: _____ Date: _____ Period: _____

Fill in each blank with a word from the word bank in that box. Each word is used one time.

🧰 A. Words to Know

1. _____ is a tiny living thing. It makes gas so dough rises.
2. To _____ is to push, fold, and turn dough.
3. To _____ is to let the dough rise.
4. _____ is the protein in flour. It makes dough stretchy.
5. Bread flour has more _____.

Word bank: **Gluten** **knead** **proof** **protein** **Yeast**

🦠 B. What Yeast Needs

6. Yeast wakes up in _____ water: 110°F to 120°F.
7. Water that is too hot _____ yeast.
8. _____ is food for yeast.
9. Do not put _____ in the yeast water.

Word bank: **kills** **salt** **Sugar** **warm**

🍞 C. Quick or Yeast?

10. Circle the 4 yeast breads:

Pizza dough | Muffins | Pretzels | Cinnamon rolls | Pancakes | Dinner rolls

🌀 D. The Stand Mixer

11. Draw a line from the mixer tool to its job:

🪝 Dough hook	whips air in
🍪 Flat beater	mixing and creaming
🥚 Wire whip	kneads bread dough

🥨 E. Pretzel Steps

12. Number the pretzel steps 1 to 5:

_____ Add flour and salt, knead

_____ Roll ropes and shape

_____ Yeast in warm water, add sugar

_____ Let it rise

_____ Dip, salt, and bake

Level 2 version of the gen ed “Yeast Breads slides + Quick Breads notes (yeast part).”