



FCC Canyon Recipe Corner

Yeast-Bread Tips

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To guarantee good-looking, great-tasting breads every time, follow this list of helpful hints.

1. When a recipe gives a range for the flour amounts, use the minimum as a guide and knead in as much of the remaining flour as you can.
2. Knead the dough to the stiffness called for in the recipe. Kneading develops the gluten of the flour, which determines the final structure of the bread loaf. To knead, fold the dough over and push down with the heel of your hand, curving your fingers over the dough. Give the dough a quarter-turn, then fold over and push down again. Continue this fold-push-turn procedure until the dough is smooth and elastic.
3. Don't raise dough in a hot area because excessive heat will kill the yeast. Too much cold, on the other hand, will stunt the yeast's growth. The optimum temperature for raising dough is 80 to 85 degrees. For best results, our Test Kitchen home economists place the bowl of dough in an unheated oven, then set a large pan of hot water under the bowl on the oven's lower rack.
4. Let dough rise till it's nearly double in size. Don't let loaves rise to the top of the pan because the dough needs room to rise as it bakes.
5. For a soft and shiny crust, brush loaves with margarine or butter after baking. For a glossy crispy crust, brush before baking with milk, water, or beaten egg.
6. Test for doneness by tapping the top of the loaf with your finger. A hollow sound means the loaf is properly baked.

Dough Stiffness

Here's how to identify the stiffness of dough specified in our bread recipes. Soft dough is too sticky to knead and is often used for batter breads. Moderately soft dough is slightly sticky, may be kneaded on a floured surface, and is used for most sweet breads.

Moderately stiff dough is somewhat firm to the touch, kneads easily on a floured surface, and is used for most unsweet breads. Stiff dough is firm to the touch and is easily rolled on a floured surface. French bread is made from this type of dough.