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# Bakery Products

## UNIT 8





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## 8.1. Preparation for Baking Bakery Products

Grains, which have an important place in the history of humanity, turn into flour by going through various processes. Wheat is the most used grain among the grains, it is also rich in minerals, protein, vitamins, magnesium, potassium etc. The quality of the flour used and the flour obtained determine the quality of the bakery products, which are frequently used in the kitchens as they have a satisfying and high caloric value. Since the dough to be prepared is the basic output of bakery products, quantitating and weighing the dough material is also another important factor.

The dough is formed after kneading the flour by adding water or other liquids and it gains different flavours when different ingredients are added (yeast, sugar, milk, spices, dried fruits, etc.). Although pastries are a separate field with their own unique techniques in the culinary arts, there are also "bakery, pastry, baklava maker, etc." as professions too.

Dough is divided into three basic groups:

- Wet (runny) dough (It has a fluid structure; it is the dough form prepared for the production of cakes etc.)
- Soft dough (It is the form of dough used in the production of products such as bread etc.)
- Hard doughs (It is the type of dough with only a small amount of water added into it and hard dough is preferred for products such as pasta etc.)

Grains contain protein and starch, so they should be stored in suitable conditions, especially the storage and storage conditions are important factors to prevent them from mould and insects.

## 8.2. Points to Consider in the Preparation of Bakery Products

- Bakery products are prepared and cooked according to the type of flour and if necessary, additives can also be used. Since most of the bakery production consists of bread production, a high amount of the bakery production and selling areas are also places where bread is made.
  - Bread is the product of baking a mixture of flour, water, salt, yeast and other ingredients. The basic process involves mixing of ingredients until the flour is fermented and converted into a stiff paste or dough followed by baking the dough into a loaf.
  - Recent technological developments and techniques enabled the





bread making sector improve the hygiene conditions and increase production rates with high-capacity modern ovens where bread is made with fully hygienic conditions and modernised methods without human intervention.

- Certain rules must be followed when storing flour. Heat, humidity and light should be avoided in storing flour. Moisture may occur as a result of improper storage conditions. Flour warehouses/pantries should be moisture-free, clean and airy, flour sacks should be properly stacked on the grids.
- It is possible to come across defective bread. It is usually because of errors in the production phase or inaccuracies in the proportions of additives, or problems with the oven, craftsmanship and/or materials used. For example, defective products may occur due to the wrong type of flour, fresh flour, use of inadequate salt, insufficient kneading, excessive fermentation, cold oven, overbaking, too hot oven, poor raw material quality, unbalanced production formula, too much cooling before packaging. All these elements are in the bread cause errors such as low volume, excessive volume, pale or dark crust colour, thick crust, peeling, defective pore structure, bread crumb discoloration, large pores, layers of different colours, sourness, weak flavour, bad smell.
- Before the bread dough is kneaded, the flour to be used should be sifted. This process is to get rid of any yarn, sack fibre etc. that might be found in the flour, it clears the flour from other materials and separates flour particles from each other.
- Kneading is an important step in bread making and it ensures that flour, water, salt and yeast are mixed evenly.
- After the kneading process is complete, the dough is cut and weighed, and then it is given the desired shape and form. By this, the gas formed by the yeast is released.
- Throwing a knife into the dough allows the CO<sub>2</sub> gas to go to the upper areas and to get out by opening channels to itself. The CO<sub>2</sub> gas, which expands during baking, looks for a suitable channel to exit the dough and if the knife throwing process is not carried out, the dough surface is split, and cracks occur. Making a line on the dough by a knife makes a slight split on the surface of the dough to be baked and this prevents such cracks occur when it is baked.
- The last phase of bread production is baking. Modern ovens allow bread dough to be baked on trays, pans or moving belts with the help of heat and steam. The average baking temperature of the







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bread is 220-245 Celsius degrees, and the baking duration is 18-20 minutes, depending on the size of the bread.

- The most consumed bakery products after bread are pasta, biscuits and other bakery products. Today, among the industrial products made from wheat, pasta is the second one after bread in terms of production amount and importance in nutrition.

