



# Culinary Institute of America

## HIGH SCHOOL LESSON PLAN FROM CIA

### Subject

Baking and Pastry Arts

### Topic

Quick Breads

### Lesson Title

How to Successfully Prepare Quick Breads Using the Creaming Method

### Student Expectations

Students will understand the key fundamentals necessary to properly fabricate a quick bread, including scaling mixing, and baking

### Instructional Objective

Students will:

- Understand how to create a proper emulsion by applying the proper time, temperatures, and ratios during fabrication
- Properly scale and sift ingredients
- Identify when to scrape the mixing bowl ensuring the even distribution of ingredients
- Comprehend how mixing can impact the volume achieved on a loaf of quick bread
- Proper distribution and panning of batter for even baking
- Apply appropriate procedures for baking and cooling quick breads

### Rationale

Understanding the core principles associated with the production of quick breads using the creaming method, enables the student to use these techniques in the application of an even wider variety of baked goods produced in a pastry lab, including cookies and layer cakes

### Duration

2 hours

## **D a      Le**

- Creaming method
- Emulsion
- Chemical leaveners

## **Ma e a /E \ e    Needed:**

### **E \ e**

- Plastic spatula
- Metal loaf pans
- Oven convection or deck
- Half sheet pans
- Wire cooling racks
- Wooden skewers
- Paring knife
- Stand mixer, bowl, and paddle attachment
- Digital scale
- Measuring cups and spoons
- Liquid measurer
- Bowls for mixing and scaling

### **S e**

- Pan spray
- Ingredients listed on formula
- Oil

### **Ma e a**

- Parchment paper

## **D ec I    c**

- Scale ingredients listed on formula
- Using the paddle attachment on medium speed, cream the softened butter (75–80 degrees Fahrenheit) and sugar until pale in color and doubled in volume. Scrape often throughout this process.
- In 3–4 increments, stream in the room temperature eggs, allowing them to fully incorporate between each addition, and scraping often.
- Introducing the eggs too quickly or while too cold will break the emulsion.
- Sift all the dry ingredients.
- Add the dry ingredients alternating with any remaining liquid ingredients listed in the formula (if no other liquids are listed, slowly stream the dry ingredients into the creamed mixture). Scrape the bowl and the paddle attachment often.
- Mix just until the ingredients are fully incorporated and the batter is emulsified. Do not over mix or the product will be tough.

.