



YEAST BREADS and Rolls

Project Overview

Baking I and II taught the basics in the kitchen. Cookies, muffins, cakes and other baked goods have taken center stage in the kitchen. But the truth is, yeast bread is often easier to make than cake, biscuits or pie. Good homemade bread is a goal any baker can easily achieve.

Key Learning Topics

- About ingredients and their functions
- How bread may be affected by high altitude
- The basic steps to making typical yeast breads.
- Reasons why yeast breads may be less than perfect
- How to make rolls, loaf breads and specialty breads from this project book.

Expanding the Project

- Give a demonstration at a club meeting
- FCS Skill A Thon Contest
- FCS Bowl
- Favorite Foods
- State 4-H Food Challenge

Resources

- Yeast Breads and Rolls R-21
- Food Project Record Sheet 300.A-20 (R-18)

Exhibit Guidelines

Exhibits should be made according to project recipes

- Three (3) cinnamon rolls – (iced and made from the crescent roll dough recipe provided in the project book)
- Three (3) whole wheat refrigerator rolls
- One (1) 9x5 loaf white yeast bread
- Three (3) crescent rolls
- Three (3) Angel biscuits
- One (1) loaf or three (3) rolls of any other specialty bread from the project book

Targeting Life Skills:

- Wise use of resources
- Planning and organizing
- Goal setting
- Critical thinking
- Problem solving
- Decision Making
- Healthy Lifestyle Choices
- Self-esteem

