

Name: \_\_\_\_\_

Hour: \_\_\_\_\_

## VIDEO WORKSHEET

### Review:

After watching *Baking Fundamentals: Muffins, Biscuits, Pancakes & Quick Breads*, answer the following questions.

1. What does extra flour dusted on a board or countertop do when you are kneading?

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2. Why is it important to use cold butter when making scones?

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3. What does brushing the tops of scones with cream or beaten egg white do?

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4. What can you add to pancake batter while it is cooking on the griddle?

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5. Where can you find overripe bananas at the grocery store?

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6. How can you tell if your banana bread or muffins are done baking?

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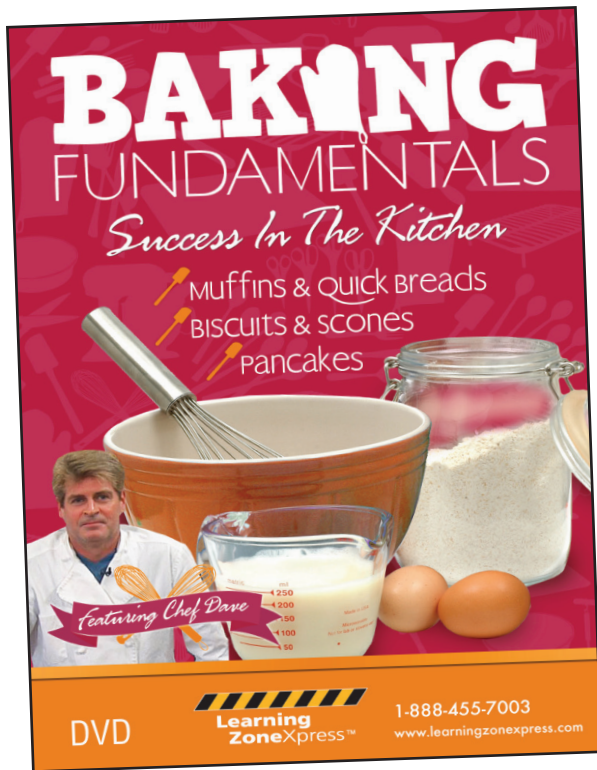
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7. Why do you think it's important to remove the cornbread batter from the heat before you add the eggs?

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# ANSWER KEY

## Review:

After watching *Baking Fundamentals: Muffins, Biscuits, Pancakes & Quick Breads*, answer the following questions.

1. What does extra flour dusted on a board or countertop do when you are kneading?

***Extra flour keeps the dough from sticking to the board or counter.***

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2. Why is it important to use cold butter when making scones?

***Using cold butter makes scones flaky.***

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3. What does brushing the tops of scones with cream or beaten egg white do?

***Brushing the tops of scones with some cream or beaten egg will give them a shiny top. Scones will have a duller appearance without it, but will taste the same.***

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4. What can you add to pancake batter while it is cooking on the griddle?

***Fresh or frozen blueberries, chopped pecans, and chocolate chips are demonstrated.***

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5. Where can you find overripe bananas at the grocery store?

***Overripe bananas are usually in the back, so you'll need to ask someone for them.***

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6. How can you tell if your banana bread or muffins are done baking?

***Check for doneness by inserting a toothpick into the center of the loaf. If it comes out clean, your bread is done. You can also check muffins by pressing lightly in the center. If it springs back, the muffins are done.***

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7. Why do you think it's important to remove the cornbread batter from the heat before you add the eggs?

***The batter needs to be removed from the heat so that the eggs to cook before going into the oven. The protein in the egg can coagulate and the cornbread will not bake properly.***

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# Baking Fundamentals Recipes

*Muffins, Biscuits, Pancakes & Quick Breads*

## ***Cream Biscuits***

2 c. all-purpose flour  
2 tsp. sugar  
1 tsp. baking powder  
½ tsp. salt  
1 ½ c. heavy cream

Preheat oven to 375° F. Whisk together flour, sugar, baking powder, and salt in a medium sized bowl. Add heavy cream to dry ingredients and mix until a sticky dough is formed. Turn dough out onto a lightly floured board or countertop and knead for about 30 seconds. Pat out dough to about ¾" thickness and cut with a biscuit cutter. Place biscuits on ungreased baking sheet and bake 15-18 minutes.

## ***Scones***

2 c. all-purpose flour  
1 Tbsp. baking powder  
3 Tbsp. sugar  
½ tsp. salt  
5 Tbsp. cold butter, cut into small cubes  
½ c. currants, raisins or dried cranberries  
1 c. heavy cream

Preheat oven to 425° F. In a food processor, pulse flour, sugar, baking powder, and salt to combine. Add cold butter and pulse 12 times (about 1 second per pulse) until flour and butter mixture is the texture of sand. Add currants and pulse 2-3 times until combined. Dump mixture into mixing bowl. Add heavy cream and stir until it forms a loose dough. Turn out onto lightly floured dough and knead 10-12 times. Roll out dough to ¾" and cut with bench cutter. Place scones on ungreased baking sheet and brush top with heavy cream. Bake 12-15 minutes or until golden brown.

# Baking Fundamentals Recipes

*Muffins, Biscuits, Pancakes & Quick Breads*

## **Pancakes**

3 ½ c. all-purpose flour  
½ c. sugar  
¼ tsp. salt  
¼ c. baking powder  
1 ½ tsp. baking soda  
3 eggs, lightly beaten  
1 quart buttermilk  
¼ c. melted butter

In a medium bowl, combine flour, sugar, salt, baking powder, and baking soda with a whisk until incorporated and set aside. In a large bowl, combine buttermilk and eggs. Add dry ingredients to buttermilk and egg mixture. Mix until combined (will be lumpy). Stir in melted butter until just mixed in. Allow batter to rest 30 minutes.

Heat griddle to 350-375° F. Add oil to griddle and ladle batter onto griddle. After two minutes, watch for bubbles and flip pancakes and cook another two minutes.

Can add toppings to pancakes while the cook on the griddle. Try blueberries, chocolate chips, or pecans.

## **Banana Bread**

2 c. all-purpose flour  
1 tsp. baking soda  
½ tsp. salt  
½ c. butter  
¾ c. brown sugar  
2 eggs, lightly beaten  
2 ⅓ c. mashed bananas

Preheat oven to 325° F. Combine flour, baking soda, and salt using a whisk in a medium bowl. In a separate bowl, cream together butter and brown sugar. Add eggs and mashed bananas and mix until incorporated. Pour wet ingredients into the dry ingredients. Stir until just incorporated. Spray loaf pan with nonstick spray and fill ½ to ¾ full. Bake larger loaf pans for 1 hour and smaller loaf pans about 45 minutes.

# Baking Fundamentals Recipes

*Muffins, Biscuits, Pancakes & Quick Breads*

## ***Cranberry Granola Muffins***

5 c. all-purpose flour  
3 c. sugar  
1 Tbsp. + 2 tsp. baking soda  
1 Tbsp. baking powder  
1 Tbsp. cinnamon  
1 qt. buttermilk  
4 c. granola  
2 c. dried cranberries  
4 eggs  
1 c. melted butter  
1 Tbsp. vanilla

Preheat oven to 325° F. In a large bowl, whisk together flour, sugar, baking soda, baking powder, and cinnamon. Mix in buttermilk, melted butter, and eggs into the dry ingredients until incorporated. Stir in granola, dried cranberries, and vanilla. Line muffin tins with paper liners. Scoop batter into liners, filling them  $\frac{1}{2}$  to  $\frac{2}{3}$  full. Bake muffins for 20-25 minutes or until a toothpick comes out clean.

## ***Cornbread***

$\frac{1}{2}$  c. butter  
 $\frac{2}{3}$  c. sugar  
2 eggs  
1 c. buttermilk  
 $\frac{1}{2}$  tsp. baking soda  
1 c. cornmeal  
1 c. all-purpose flour  
 $\frac{1}{2}$  tsp. salt

Preheat oven to 375° F. In a skillet, melt butter and remove from heat. Add sugar, stirring together and then beat in eggs. Add baking soda to the buttermilk and add to the skillet mixture. Whisk in flour, cornmeal, and salt. Pour into 8" x 8" square baking pan sprayed with nonstick spray. Bake for 30-40 minutes or until a toothpick comes out clean.

