

Quick Loaf Breads

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Introduction

Quick breads include a variety of breads baked in different sizes and shapes. One variety is baked in a loaf pan and served at home as a bread to accompany a meal, as a sandwich for a reception or brunch, or even for dessert. Quick bread is made from a basic batter flavored many different ways. You can add apples, bananas, cranberries, zucchini, walnuts, pecans, etc.

You will learn:

- The ingredients used in making quick breads and their nutritive value.
- To prepare a basic quick bread and variations using different fruits, vegetables, nuts, and flavors.
- To make quick breads using plain, self-rising, and whole wheat flour.
- Important tips for successful baking.
- The characteristics of good quick bread.
- How to store quick loaf breads.

You will also:

- Do a demonstration to show others what you have learned in this project.
- Keep a record of what you have done in this project.
- Figure the cost of making a loaf of banana bread.
- Assist other 4-H'ers with their bread projects.

The Nutritive Value of Bread

Quick breads fit in the Bread, Cereal, Rice, and Pasta Group of the Food Guide Pyramid. They give you nutrients that are important to your health and provide energy for work and play. The most important nutrients they provide are carbohydrates, fat, and B vitamins for energy; calcium for strong bones and teeth; and protein for growth and repair. They also provide minerals, including iron. All of the white flour used in making quick breads is enriched. Enrichment means that the nutrients lost in the milling process—thiamin, riboflavin, niacin, and iron—have been restored. In addition, grain products are now fortified with folate, a B vitamin.

The fruit and nuts you add to quick loaf breads also have nutritive value. For example, pumpkin has vitamin A, and bananas are a good source of potassium. Nuts are a good source of protein.

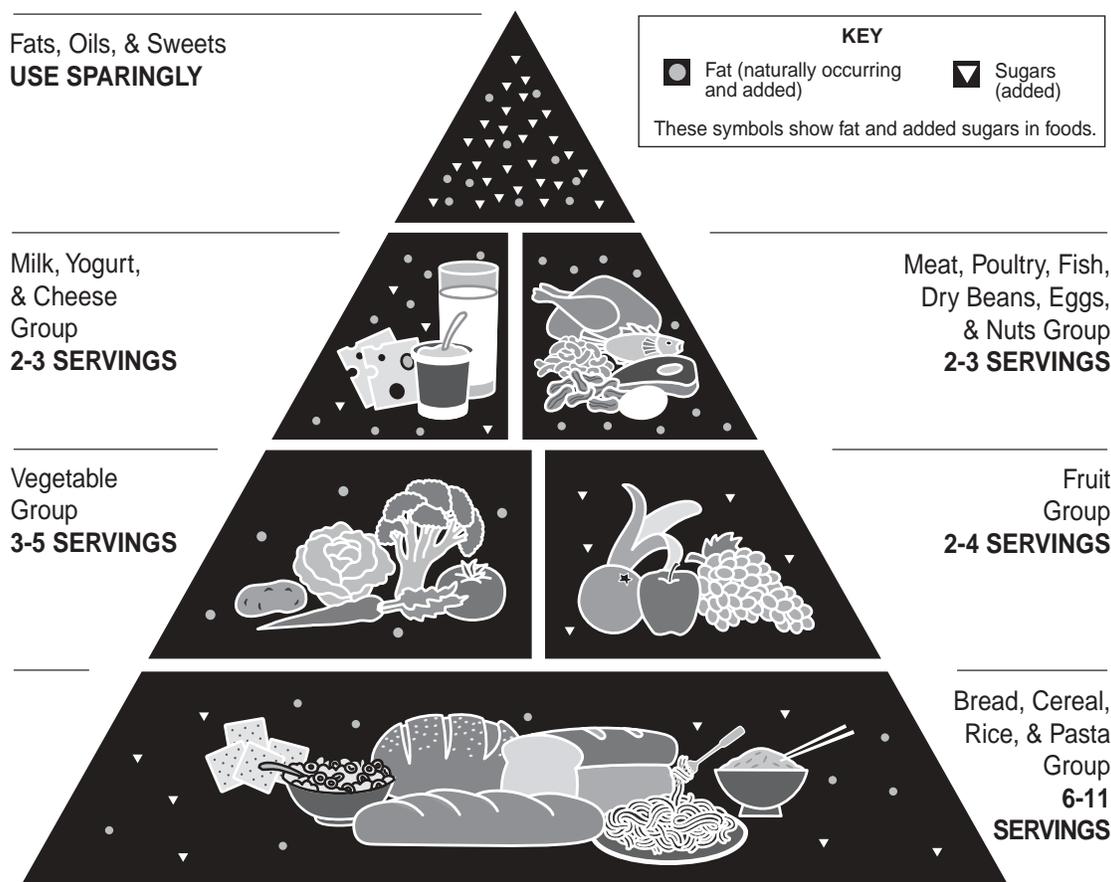
Purpose of Ingredients

FLOUR—An all-purpose flour is generally used in making quick breads, and it is the basic ingredient of quick breads. All-purpose flour is a blend of hard and soft wheats. Mix quick bread doughs only enough to blend ingredients.

SUGAR—In addition to giving flavor, sugar increases tenderness of bread and restricts the development of gluten. (Gluten is the product formed when you mix flour containing a large amount of protein with water. Gluten is desirable for yeast breads because it provides structure for the bread to rise.) Sugar also helps to develop a fine texture.

Always mix sugar well with other ingredients to achieve good volume. Too much sugar or poor mixing can cause bread to fall when removed from the oven. Too much sugar may also cause a sticky texture and crust. Sugar provides energy but should be limited to avoid too many calories

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Source: U.S. Department of Agriculture/U.S. Department of Health and Human Services

and too many cavities. Be sure to brush your teeth after eating sugary products.

FAT—Fat contributes to tenderness. It also is indirectly responsible for texture of the product because it acts as a carrier for ingredients, such as flavorings and spices. It also may contribute its own flavor to the product (for example, the flavor of margarine or butter).

EGGS—The addition of eggs to a batter helps produce a fine grain and improves flavor, tenderness, and nutritive value. In some instances, eggs add color. They also add protein and are an excellent source of vitamin A, the B-vitamin riboflavin, and some iron.

LEAVENING AGENTS—A quick bread is so called because it may be prepared more quickly than yeast breads. Quick breads are made with baking powder or baking soda. If you use baking soda, you must use an acid, such as buttermilk, sour milk, cream of tartar, fruit juices, or molasses. Baking powder and baking soda form carbon dioxide gas much more quickly than yeast and sugar.

Most baking powder is called “double acting” because part of it reacts with moisture and part with heat. Some baking powders react to form gas quickly at room temperature. If this type of baking powder is used, bread should be baked immediately after mixing. Double-acting baking powders release some carbon dioxide at room temperature; more is released during baking. If a quick bread recipe calls for a resting period prior to baking, you will have to use a double-acting baking powder or a baking powder that reacts at oven temperature to make your product rise properly.

SALT—Salt brings out the flavor in most foods and improves the flavor of sweet foods.

LIQUID—You may use milk, water, or juice in making quick breads. The purpose of the liquid is to moisten the flour, dissolve the sugar and salt, and cause a chemical reaction in the baking powder to release the gas necessary for rising.

Milk or juice contribute flavor and nutrients. In addition, milk aids in browning of the product.

OTHER INGREDIENTS—In addition to the basic ingredients, various other ingredients are added to quick breads to improve flavor, texture, and color. For example, you may add fruits, nuts, dates, figs, raisins, dried apricots, bananas, pumpkin, cranberries, applesauce, coconut, spices, and assorted flavorings.

Activity

One of the things you learn in 4-H is to be a smart consumer—to get the most for your money. Try this activity:

Many quick bread recipes call for buttermilk. Suppose you need only one cup of buttermilk, and you don't want to buy a quart just to make quick bread. What can you do? Well, dry buttermilk powder is available in many grocery stores. You will usually find dry buttermilk powder near the baking soda and baking powder. (If it isn't, ask your grocery manager about it.)

Compare the cost of fresh buttermilk and milk made from the dry buttermilk.

1 quart fresh buttermilk = \$ _____

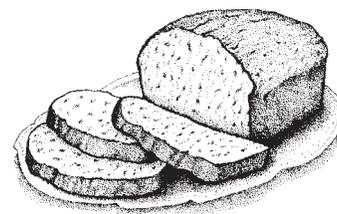
1 quart buttermilk made from dry powder = \$ _____

Is there much difference in cost? Would it be cheaper to use fresh buttermilk and discard part of it or use buttermilk powder?

Tips for Baking

1. Always use standard measuring equipment.
2. Look up any unfamiliar cooking terms, such as “to cream.”
3. Combine ingredients in the order given and bake at the correct temperature.
4. Chop fruits and nuts fine enough to prevent them from sinking to the bottom of the loaf. (This also makes it easier to slice the baked bread.) You may mix nuts and sticky chopped fruits with 1 or 2 tablespoons of the flour to keep them from sticking together, which causes them to fall to the bottom of quick loaf bread.
5. Use the size loaf pan indicated in the recipe.
6. Test for doneness by inserting a clean toothpick in the center of the loaf. If it is free of crumbs, it is done; if crumbs cling to the toothpick, bake for a few more minutes and re-test with a new toothpick.
7. After baking, cool bread in pan for time given in recipe. Then remove from the pan and finish cooling on a wire rack.
8. Cool thoroughly on rack before storing. If the bread is to be frozen, wrap well in moisture-proof paper. If the bread is eaten fresh, place cool bread in plastic bag and store in bread box for no longer than two days or in refrigerator for longer storage. Now, let's bake.

Recipes



BANANA NUT LOAF

- 1/3 cup shortening
- 2/3 cup sugar
- 2 eggs
- 3 tablespoons buttermilk
- 1/4 teaspoon soda
- 1 cup mashed ripe bananas (2 or 3)
- 2 cups sifted self-rising flour
- 1/2 cup chopped nuts

Heat oven to 350°F. Grease 9-by-5-by-3-inch loaf pan. Cream shortening and sugar together until fluffy. Beat in eggs, one at a time. Add buttermilk, soda, and bananas; mix to blend. Fold in flour and nuts. Pour into pan and bake about 55 minutes. Cool in pan about 10 minutes. Remove from pan and cool completely on rack before slicing.

NOTE: If using plain flour, increase soda to 1/2 teaspoon and add 1/2 teaspoon salt after soda.

Nutrition Facts

- Per serving:
- 230 Calories
- 10 gm Fat
- 5 gm Protein
- 32 gm Carbohydrate
- 310 mg Sodium
- 35 mg Cholesterol
- 1 gm Dietary fiber

Food Guide Pyramid

- 1 serving Bread, Rice, Cereal, and Pasta Group
- 3 1/2 servings Fat, Oils, and Sweets Group

APPLE BREAD

- 1/2 cup shortening
- 1 cup sugar
- 1 teaspoon vanilla extract
- 2 eggs
- 1 tablespoon buttermilk
- 2 cups sifted self-rising flour
- 1 teaspoon grated lemon rind
- 1 1/2 cups peeled and chopped tart apples
- 1/2 teaspoon cinnamon
- 1 tablespoon sugar

How much did your loaf of bread cost?

Amount of Ingredient	Cost
Flour _____	_____
Sugar _____	_____
Eggs _____	_____
Milk _____	_____
Fruit _____	_____
Total _____	_____

Heat oven to 350°F. Grease a 9-by-5-by-3-inch loaf pan. Cream shortening, sugar, and vanilla together until fluffy. Blend in remaining ingredients, except cinnamon and 1 tablespoon sugar. Pour into prepared pan and sprinkle with cinnamon and sugar. Bake 1 hour. After cooling, this bread may be wrapped and frozen.

NOTE: If using plain flour, sift 3 teaspoons baking powder and 3/4 teaspoon salt with the flour.

Nutrition Facts

- Per serving:
- 230 Calories
- 9 gm Fat
- 3 gm Protein
- 34 gm Carbohydrate
- 250 mg Sodium
- 35 mg Cholesterol
- 0 gm Dietary fiber

Food Guide Pyramid

- 1 serving Bread, Rice, Cereal, and Pasta Group
- 5 servings Fat, Oils, and Sweets Group

WHOLE WHEAT HEALTH BREAD

1 cup whole wheat flour
1 cup sifted self-rising flour
1/4 cup sugar
1/4 teaspoon soda
1/2 teaspoon salt
1 egg, beaten
1 1/2 cups buttermilk
1/4 cup honey
1/4 cup melted butter or margarine
1/2 cup chopped walnuts
1/2 cup raisins

Heat oven to 375°F. Grease a 9-by-5-by-3-inch loaf pan. In a mixing bowl, stir together flours, sugar, soda, and salt. Combine egg, buttermilk, honey, and butter and add to dry ingredients, stirring just until moistened. Fold in nuts and raisins. Turn into greased pan and bake 45 to 50 minutes. Let cool in pan 10 minutes. Remove from pan and cool thoroughly.

NOTE: This whole wheat loaf will be more compact and will not rise as high as many quick loaf breads.

NOTE: If using plain flour, stir in 1 teaspoon soda, 1 teaspoon baking powder, and 1 teaspoon salt with flours.

Nutrition Facts

Per serving:
210 Calories
8 gm Fat
5 gm Protein
33 gm Carbohydrate
340 mg Sodium
20 mg Cholesterol
2 gm Dietary fiber

Food Guide Pyramid

1 serving Bread, Rice, Cereal, and Pasta Group
3 servings Fat, Oils, and Sweets Group

LEMON TEA BREAD

1/3 cup butter or margarine
3/4 cup sugar
2 eggs, lightly beaten
3 teaspoons grated lemon rind
2 cups sifted self-rising flour
3/4 cup milk
1/2 cup chopped walnuts
1 tablespoon freshly squeezed lemon juice
2 tablespoons sugar

Heat oven to 350°F. Grease a 9-by-5-by-3-inch loaf pan. Cream together butter and 3/4 cup of sugar until light and fluffy. Add eggs and lemon rind; beat well. Add flour to creamed mixture alternately with milk, beginning and ending with flour. Stir in walnuts. Pour into greased pan. Bake for 55 minutes to 1 hour. Combine lemon juice and 2 tablespoons sugar. Spoon over hot bread immediately after removing from oven. Cool in pan 10 minutes. Turn out of pan and cool completely on wire rack.

Nutrition Facts

Per serving:
230 Calories
9 gm Fat
5 gm Protein
32 gm Carbohydrate
340 mg Sodium
35 mg Cholesterol
0.5 gm Dietary fiber

Food Guide Pyramid

1 serving Bread, Rice, Cereal, and Pasta Group
4 servings Fat, Oils, and Sweets Group

BASIC NUT BREAD

2/3 cup sugar
1/2 cup shortening
1 teaspoon vanilla
2 eggs
2 cups all-purpose flour
2 teaspoons baking powder
1/2 teaspoon salt
3/4 cup chopped nuts
3/4 cup buttermilk or fruit juice

Cream sugar and shortening; add vanilla and blend thoroughly. Add eggs, one at a time, beating well after each addition. Sift flour with baking powder and salt; stir nuts into dry ingredients. Add flour mixture alternately with buttermilk or fruit juice to creamed mixture; mix just enough to blend ingredients. Pour into a greased 9-by-5-by-3-inch loaf pan. Let stand at room temperature for 20 minutes. This helps prevent large crack in loaf top. Bake at 350°F for about 1 hour or until toothpick inserted into center of loaf remains free of batter. Remove bread from oven; let cool for 5 minutes in pan. Turn loaf out of pan onto cake rack and cool. Bread is best if stored 24 hours before serving. To serve: slice in thin pieces.

Nutrition Facts

Per serving:
260 Calories
14 gm Fat
6 gm Protein
29 gm Carbohydrate
310 mg Sodium
35 mg Cholesterol
0.5 gm Dietary fiber

Food Guide Pyramid

1 serving Bread, Rice, Cereal, and Pasta Group
4 servings Fat, Oils, and Sweets Group

Variations: Cranberry Bread—Add $\frac{3}{4}$ cup cooked, unsweetened cranberry pulp to creamed mixture.

Nutrition Facts

Per serving:
270 Calories
14 gm Fat
6 gm Protein
30 gm Carbohydrate
310 mg Sodium
35 mg Cholesterol
1 gm Dietary fiber

Food Guide Pyramid

1 serving Bread, Rice, Cereal, and Pasta Group
3 $\frac{1}{2}$ servings Fat, Oils, and Sweets Group

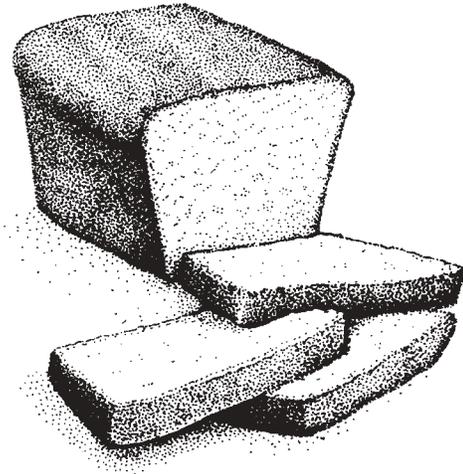
Pumpkin Bread: Add 1 cup cooked or canned pumpkin alternately with milk to dry ingredients.

Nutrition Facts

Per serving:
270 Calories
14 gm Fat
6 gm Protein
30 gm Carbohydrate
260 mg Sodium
35 mg Cholesterol
1 gm Dietary fiber

Food Guide Pyramid

1 serving Bread, Rice, Cereal, and Pasta Group
3 $\frac{1}{2}$ servings Fat, Oils, and Sweets Group



Demonstrations

- Making quick loaf bread and packing for freezing or for a gift.
- Making quick bread with less sugar and salt than the recipe calls for.
- Using a basic recipe to make a variety of fruit and nut breads.
- Serving quick bread loaves and spreads for special occasions.

Citizenship

- Make quick bread loaves to sell at a bake sale.
- Serve quick bread at community functions.
- Prepare gifts of quick bread for shut-ins.

- Adopt a shut-in or grandparent in your community or at a nursing home. Share the bread you make in this project with him or her and visit on a regular basis.
- Prepare, slice, and wrap two slices of quick breads in a package to freeze. Make some slices into sandwiches using peanut butter or cream cheese spreads. Take several of the packages to someone in the community who would only use a small amount at a time.

Judging Your Bread

Study the scorecard below and judge your quick breads according to the characteristics of good quick bread.

Fruit or Nut Bread Score Sheet

	Excellent	Good	Needs to Improve
Appearance			
Well proportioned			
Evenly rounded top			
Uniformly brown			
Tender, thin crust			
Crumb			
Fine, moist, and tender			
Even grain, free from tunnels			
Not gummy or sticky			
Nuts or fruit evenly distributed			
Slices well			
Flavor			
Pleasing blend of flavors			

Quick Loaf Bread

Project Record Form



Name _____ School _____ Grade _____

Address _____ Birth Date _____ Current Date _____

In filling out this record, summarize information in outline form when appropriate. List the most important accomplishments at the top of the list. Designate level of participation with the appropriate letter: local (L), county (C), district (D), area (A), state (S), regional (R), national (N), or international (I). Use numbers (digits) to show size or quantity, when appropriate.

A. List new things you learned in this project or activity.

B. Show size and scope of this project. (List everything you have done on this project.)

Type of Bread	Number of Times Prepared	Comments
Banana nut bread		
Basic nut bread		
Apple bread		
Whole wheat health bread		
Lemon tea bread		
Other (list)		

C. List demonstrations, talks, exhibits, radio and television appearances, newspaper articles written, tours, workshops, camps, judging events, and field trips that you participated in throughout this project or activity.

D. List awards, trips, medals, plaques, trophies, ribbons, scholarships, and other recognition received in this project activity.

E. List your leadership participation in this project. Include things you have done by yourself and in cooperation with others in planning 4-H programs; leading discussions; helping younger members with demonstrations, talks, and exhibits; and assisting with camps, achievement shows, and workshops. Indicate the number of 4-H members you have assisted and give your specific responsibilities.

F. List your citizenship and community service experiences in this project. Include things that contributed to the welfare of your club or group, other individuals, or your community and give your specific responsibilities.

G. Attach a short story in which you tell about things learned, satisfaction experienced, and difficulties encountered this year in this project.

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