



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 Objectives

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 of Lesson

2 hours

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- Creaming method
- Emulsion
- Chemical leaveners

Materials/Equipment Needed:

Equipment

- 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

Supplies

- Pan spray
- Ingredients listed on formula
- Oil

Materials

- Parchment paper

Direct Instruction

- 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.

- Spray each metal loaf pan and line with parchment paper.
- Tare out the loaf pan on the digital scale and evenly portion the batter between two pans.
- Dip a pairing knife into vegetable oil until the blade is fully coated.
- Run the knife down the center of the batter inserted about ¼" deep.
- Place loaves into the oven evenly spaced.
- Bake until a wooden skewer or pairing knife inserted into the center comes out clean.
- Allow loaves to rest briefly in the pan 3–5 minutes, then unmold onto a wire cooling rack.
- Fully cool before slicing.

Practice/Activities

Students will work as teams of two and produce two loaves of quick bread beginning with scaling, and finally serving their finished products to the class.

Lesson Closure

Students will review the steps of the creaming method while defining the key terms associated with the production of quick breads.

End of Lesson Assessment

Students will cut their individual loaves and interactively critique their products alongside their classmates and instructor. The instructor will lead the discussion and critique, assisting students in identifying their successes or their challenges throughout the process.