



## Function of ingredients in bread dough



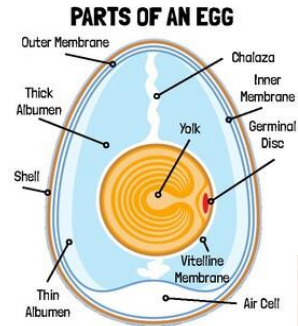
Ingredient	Properties/Function	Nutrition
Oil	Oil is added to help bind the ingredients together. It also helps to stop the dough from sticking to the table. Oil makes the finished bread dough last longer too.	Oils and fats are a main source of energy. Our body needs these in small amounts. <i>[purple section of the Eatwell guide]</i>
Salt	Used to add flavour to dishes.	Salt also known as SODIUM, a mineral our body needs to regulate and use water properly.
Strong Flour	Strong flour has lots of protein in it. The protein is called GLUTEN. Gluten makes the dough STRETCHY. The dough needs to be stretchy in order for it to RISE.	Flour is a carbohydrate which gives the body energy. Flour contains all sorts of vitamins and fibre. Wholegrain flour includes more nutrients than white flour.
Sugar	Sugar is added to the dough to feed the yeast. It's hungry when it wakes up and needs a snack. This means it will release carbon dioxide more quickly.	Sugar is a carbohydrate. It gives the body a quick burst of energy.
Yeast	A biological raising agent - releases carbon dioxide to make our dough light and fluffy. WARM WATER must be added - too cold and the yeast won't wake up. Too hot and the yeast will die.	

**Proving**  
The process where the dough is rested to allow the yeast to ferment and produce CO2 bubbles which help the dough to rise.

**Kneading**  
The dough is both squeezed and stretched; and this develops the gluten molecules.

## EFFECTS OF SUGAR ON THE BODY

- WEIGHT GAIN
- DIABETES
- WEAKENED IMMUNE SYSTEM
- HEART DISEASE
- LOW ENERGY
- TOOTH DECAY
- LACK OF SLEEP
- FATTY LIVER
- HEADACHES



This egg safety scheme was introduced in 1998 to reduce cases of salmonella food poisoning caused by eggs.

Foods and methods of preparation traditional to a region or population



**AERATION**

- 1.THE ACTION OF WHISKING EGG WHITES, STRETCHES THE PROTEIN AND INCORPORATES AIR BUBBLES INTO THE MIXTURE.
- 2.THE AIR BUBBLES ARE THEN BROKEN DOWN INTO SMALLER BUBBLES, EACH OF WHICH IS SURROUNDED BY A THIN FILM OF EGG WHITE. A FOAM HAS BEEN CREATED.
- 3.THE FOAM REMAINS STABLE BECAUSE THE HEAT GENERATED BY WHISKING PARTIALLY COAGULATES IT.

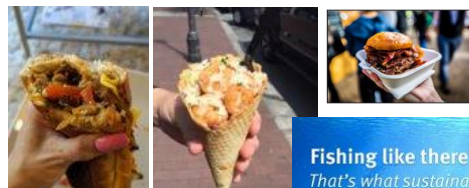
**EMULSIFICATION**

- 1.IF THE OIL AND WATER ARE FORCIBLY MIXED TOGETHER, THEY FORM AN EMULSION.
- 2.THE OIL AND WATER WILL ONLY STAY IN THIS SUSPENSION FOR A SHORT TIME, UNLESS AN EMULSIFIER IS USED.
- 3.THE LECITHIN WHICH IS FOUND IN EGG YOLKS WORK AS AN EMULSIFIER.

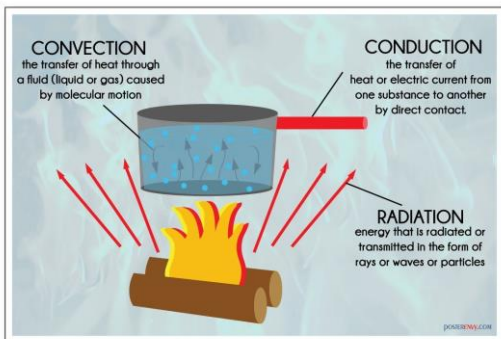
**COAGULATION**

- 1.EGGS SET AND EVENTUALLY SOLIDIFY WHEN HEATED.
- 2.EGGS CAN THEREFORE BE USED IN A NUMBER OF WAYS INCLUDING THICKENING, BINDING AND COATING VARIOUS PRODUCTS.
- 3.EGG WHITE PROTEINS COAGULATE AT 60C
- 4.EGG YOLK PROTEINS COAGULATE AT 70C AND THICKEN AT 45C.

**Street food is... ready-to-eat food or drink sold by a hawker, or vendor, in a street or other public place...**



It is often sold from a portable food booth, food cart, or food truck and meant for immediate consumption.



## Shaping and binding



## Reduction Sauce