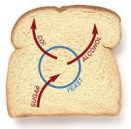
Y9 | Bread - Knowledge organiser

Key Terms	Description	
Gluten	A protein found in wheat flours, that make doughs elastic.	
Yeast	A microorganism that can spoil food but is used as a raising agent in baking. Requires food, warmth, time and moisture to release carbon dioxide.	
Kneading	Stretching the dough to develop the gluten and create an elastic dough.	
Proving	The dough is left to rise to allow the yeast to ferment.	
Fermentation	The process of fermentation is where yeast is given food, time, warmth and moisture to grow and produce carbon dioxide gas.	
Baking	During baking the heat sets the gluten and stops the yeast from working which allows the bread to set and hold its shape.	
Knocking back	When you knock back a dough you are creating a evenly textured dough by releasing some gas before leaving to prove again.	

Practical food skills

Rubbing in
Using your fingertips, rub the flour and butter together until the mixture resembles breadcrumbs. Stops gluten from forming to make crumbly pastry

Shaping
Shaping of dough through rolling, spiralling or shaping rolls into individual shapes.

Bridge and Claw
Make a bridge over the vegetable or fruit with your hand. Fingers should be on one side and thumb on the other. Make a claw with your hand by partly curling your fingers together

Dough Making
Students will create a simple bread dough as well as an enriched dough for chelsea buns

Baking
Baking is a method of preparing food that uses dry heat, normally in an oven

Final dishes

Bread	Bread Based Pizza	Chelsea Buns	Gluten Balls