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Various Type of Ingredients involved in Bread-Making by Treeves

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Bread is a staple food of many communities all over the world and can be seen in different forms in different cultures. It is a simple dish prepared by using flour, water and other ingredients and various types of breads require ingredients in various proportions. It is one of the oldest known recipes to the mankind rich in necessary elements required for the functioning of our systems. Baking has existed since ancient times and people have learned the art of this trade, passing it down to generations. There is no match for freshly baked bread that can be savored with almost any type of accompaniments.

Since the olden days, the process of baking bread is constantly evolving with new and easy techniques. I often look out for new ideas and methods of cooking and baking, for which watching food shows on different international channels provided by Dish TV Offers serves a great value. Most of the times, I incorporate these new-found styles in my food and love doing so. Here is my insight on baking fresh bread with simple ingredients and without being messy.

The basic ingredients that go into any type of bread are a combination of flour-liquid-yeast. With these primary ingredients you can make incredible type of breads surging with various flavors and textures, all by just adjusting the amount of ingredients and modifying few steps in the procedure. Adhering to the recipe and exact measurements gives out fine finish bread with good texture. This is off-course the very first step in bread-making and sticking to the correct measurements can ensure good bread. Most of the recipes mention measurements in ounces or grams and by volume like tablespoons, cups, etc. You can use scale to weigh your ingredients that often show measurements either in ounce or gram or can switch from one to other. Even if you do not have a scale, you can just rely on measuring cups and spoons which is easy to measure and pour, particularly in case of liquids.

Next assemble all the required ingredients, the key one being flour. The type of flour you use gives the kind of bread you need. Different types of bread require various amount of flour and some flours gives a silky texture to the bread while kneading. The type of flour you use assists the dough to rise more during the baking process. All-purpose flour is a blend of hard and soft wheat flours. You can opt of bread flour rich in protein content that bakes the best bread. Whole-wheat flour with abundant nutritional benefits gives your bread good volume and nutty taste. You can bake breads with a mix of flours like plain flour, rye flour, wheat flour or organic flour. Yeast is another important factor to produce lighter breads. Yeast is available in different kinds like instant, dry or compressed forms. Instant yeast can be directly added to the flour unlike other types that require proofing. The shelf-life of instant yeast is as long as two years if stored properly.

The compressed yeast does not stay for long and dry yeast has a longer shelf life for almost a year. Both of these require proofing in warm sugar water for about ten minutes before mixing with flour. Whatever the type of yeast, never allow it to come in contact directly with salt as it destroys the yeast. Once you acquire the knowledge of kinds of yeast, you are likely to find your preferences from one form to other.

Lastly, you can use several types of liquid to suit your taste of bread. Liquids such as water, vegetable oils like olive and walnut, melted butter or margarine, milk, eggs and sweeteners like malt, honey adds flavor to bread. For extra crunchiness you can even use dry nuts and seeds.

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Tina is a freelancer who likes to about recipes like making of bread and she also enjoys watching food shows on international channels provided by a Dish TV Offers to know about new ideas and different styles of cooking.

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