Quick Bread Quick Info

Quick Breads Earned their name for being quicker to rise than breads made with yeast (such as sandwich bread and hamburger buns). Quick breads use baking powder or baking soda to help the bread rise, which is activated soon after mixing. Yeast breads generally use active dry yeast as leavening and take more time.

Most quick breads are made from wheat flour, which contains many important nutrients. White breads and flours made from only the endosperm of the wheat kernel lack many nutrients provided in whole grain wheat products. Whole grains, and enriched breads and cereals contain carbohydrates, protein, fats, and vitamins and minerals - particularly iron and calcium. Whole grains also provide fiber.

Look at the picture of the wheat kernel. You can see that the endosperm, which is the part used for all-purpose flour, has only a small amount of vitamins and minerals. Most of these valuable nutrients are in the bran layer, which is removed when making the white, all-purpose flour used for white bread and rolls.

In many other states, laws require that white breads and flours be enriched, which means that B vitamins, folic acid, and iron must be added, but many nutrients are lost during the refining process. Breads made from whole grains do not need to be enriched, because they are made with the vitamin and mineral-rich wheat germ and bran.

Baker's Tip:

Wondering if your baking powder is fresh? Mix a quarter teaspoon of it in a half cup of hot water and watch for bubbles. If you don't see any action, it's time for a fresh supply. Want to check your baking soda? Put a quarter teaspoon of lemon juice or vinegar in a cup and add a half cup of water then mix in a quarter teaspoon of baking soda. Again no activity means you need to replace it.