

Skills for Living

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Topic 15-3

Grain Products

- In this topic, you will study how to choose, store, and prepare grain products, as well as
 - ❖ **Buying grain products**
 - ❖ **Storing grain products**
 - ❖ **Preparing grain products**
 - ❖ **Cakes and cookies**

Grain Products

Objectives for Topic 15-3

After studying this topic, you will be able to

- list factors to consider when buying grain products
- use proper storage methods for grain products
- describe methods used to prepare grain products

Topic 15-3 Terms

- ❖ cereal
- ❖ refined
- ❖ pasta
- ❖ starch
- ❖ leavening agent
- ❖ biscuit method
- ❖ muffin method

Buying Grain Products

- Cereals are starchy grains used as food, including wheat, corn, rice, and oats
- Grains can be used to make
 - ❖ flour
 - ❖ pasta
 - ❖ breakfast cereals
 - ❖ breads



Flour

- Flour is made by grinding grains into powder
 - ❖ *Refined* flour has had parts of the grain kernel removed during the milling process
 - ❖ *All-purpose flour* is used for general cooking and baking
 - ❖ *Self-rising flour* has a leavening agent and salt added
 - ❖ *Cake flour* is made of softer wheat and is milled more finely
 - ❖ *Whole wheat flour* is made from the whole grain kernel and has a coarser texture

Pasta

- *Pasta* is a family name for the group of products that includes spaghetti, macaroni, and noodles
 - ❖ It is made from water and *semolina* flour, which is made from durum wheat
 - ❖ Noodle products also contain eggs



Rice

- *White rice*

- ❖ bran layer removed

- *Brown rice*

- ❖ whole grain, higher in fiber

- *Precooked or instant rice*

- ❖ fully cooked and dried; expensive but convenient

- *Wild rice*

- ❖ not actually rice, but wild grass seed

Breakfast Cereals

- Include ready-to-eat and cooked
- Choose ones that are
 - ❖ whole grain, enriched, or fortified
 - ❖ low in added sugars
- More expensive cereals include those that
 - ❖ are ready-to-eat
 - ❖ contain fruit and nuts
 - ❖ are presweetened
 - ❖ are quick-cooking or instant

Breads

- Buy the freshest products available
- Choose from commercially prepared or fresh-baked
- *Brown-and-serve* products are partially baked
- *Refrigerated and frozen doughs* can be baked at home



Storing Grain Products

- Stored in tightly covered containers in cool dry place
- Storage times depend on the product
 - ❖ Breads—one week
 - ❖ Ready-to-eat cereals—two to three months
 - ❖ Flour, pasta, white rice—one year
- Some whole-grain products, cakes, and cookies need refrigeration
- Baked products can be frozen for several months

Preparing Grain Products

- Preparation methods depend on the product you are preparing



Cooking with Thickeners

- *Starch* is the complex carbohydrate part of plants
- Starch granules swell when heated, causing products to thicken
- Three methods are used to keep starch granules separated
 - ❖ Coat starch with melted fat before adding liquid
 - ❖ Combine starch with sugar, then stir into liquid
 - ❖ Mix starch with cold liquid to form a paste

Pasta

- Cook pasta in a large amount of rapidly boiling water
- Pasta should be tender but firm when cooked



Did You Know...

- When cooking pasta, you don't need to add oil to the water if you use enough water and stir occasionally

Rice



- Combine the rice with water or other liquid in the proper size pan
- As rice cooks, it absorbs the liquid and swells
- Properly cooked rice should be tender and fluffy

Cooked Cereals

- Add cereal slowly to boiling water, stirring constantly
- Keep stirring to prevent lumps
- Use recommended pan or bowl size

Breads



- ***Leavening agents*** are ingredients used to produce carbon dioxide
- Yeast is the leavening agent in yeast breads
- Yeast breads must be mixed, kneaded, and allowed to rise before baking

Breads

- Quick breads are faster to make
- *Pour batters* are thin; *drop batters* are thick
 - ❖ In the *biscuit method*, mix dry ingredients together, cut fat into the liquid, and add liquid
 - ❖ In the *muffin method*, mix dry and liquid ingredients separately, then combine them

Cakes and Cookies

- Can be made from scratch or convenience mixes and doughs
- Baking success depends on
 - ❖ accurate measurements
 - ❖ high-quality ingredients
 - ❖ understanding of the mixing method
 - ❖ following instructions correctly



Preparing Cakes

- *Shortened cakes* contain fat, such as butter, margarine, or vegetable shortening
- *Unshortened cakes* contain no fat; beaten egg whites make them rise
- *Chiffon cakes* are a combination of the two types; they contain fat and beaten egg whites

Baking Guidelines

- Prepare pans as directed in the recipe
- Preheat oven to the correct temperature
- Allow at least one inch between pans and sides of oven
- Check cakes for doneness
- Follow recipe directions for cooling and removing from pans

Preparing Cookies

- ***Dropped***—made from soft dough pushed from spoon onto cookie sheet
- ***Refrigerator***—a long roll of chilled dough is sliced
- ***Bar***—soft dough is spread in a greased pan
- ***Rolled***—stiff dough is chilled, rolled, and cut into desired shapes
- ***Molded***—formed from stiff dough that is broken off and shaped by hand
- ***Pressed***—rich dough forced through a cookie press

Baking Guidelines



- ❖ Preheat oven to the correct temperature
- ❖ Use correct pan size
- ❖ Follow specified baking times
- ❖ Remove from cookie sheet according to recipe directions
- ❖ Store to maintain quality

Summary for Topic 15-3

- Grain products include flour, pasta, rice, breakfast cereals, and bread
- Grain products should be stored properly to maintain quality and prevent spoilage
- Because starch granules swell as they are cooked, grain products must be prepared carefully
- Success with cake and cookie recipes depends on following directions for the type of product you are preparing