



**Cuizoo Cooking School  
August 7, 2019**

**Two Types of Bread: Banana Bread and English Muffin Bread**

**Recipes and Activities:**

Chrissy Teigen's Famous Banana Bread  
My Grandmother's Almost Famous English Muffin Bread  
Homemade Butter  
Design Your Own Bakery Menu and Bread Bags  
The Power of Yeast Experiment

**Things to Remember:**

- True breads have yeast in them. Yeast is a microscopic organism that releases Carbon Dioxide as it feeds on the sugars in the bread dough. When bread dough is mixed, the yeast is distributed throughout the flour and other ingredients. The yeast feeds on the sugars and tiny gas bubbles are produced and they expand to make the dough rise and create all of the little holes in the finished bread. Those holes in the bread are essentially bubbles preserved in dough! Yeast doughs need time to rise so the yeast can grow and expand.
- There are many types of yeast breads: traditional white sandwich bread, ciabatta, french baguette, focaccia, brioche and many more. They all contain yeast but are slightly different in ingredients and process. Focaccia is very much like pizza dough and stays relatively flat. Ciabatta usually has more water in the dough than french baguette which results in bigger holes in the bread. Brioche gets its rich tenderness from the addition of eggs and butter to the dough and is often used in bread pudding or french toast because of its texture.
- Quick Breads don't have yeast. They are more like cakes or muffins and the category includes things like banana bread, zucchini bread, or lemon poppyseed bread. They don't have yeast to make them rise, so like cake batter, we use baking soda or baking powder to do that part of the job. Often times, we serve them with breakfast, but they have a lot of sugar and are more like dessert or a special treat! Quick breads don't need time to rise, hence the reason they are "quick!"
- You can make butter easily at home! Follow our recipe and just shake a jar full of heavy cream for about 5-7 minutes. The first stage will be unsweetened whipped cream. After that stage, the butter fat will separate from the buttermilk. Pour off the buttermilk liquid and you are left with butter! If you want salted butter, just add a pinch of salt to the cream before you shake it. This is

a fun activity to do for a big holiday dinner. Give everyone a jar to shake while they wait for dinner!

## Chrissy Teigen's Famous Banana Bread

Makes 1 bundt cake shape or two loaves

### Ingredients

2 cups mashed, very ripe bananas\*  
4 eggs  
2/3 cup canola oil  
2 cups all-purpose flour, plus a little more for dusting the pan  
2 cups sugar  
1 (3.4-ounce) box vanilla instant pudding mix\*\*  
1 teaspoon baking soda  
1½ teaspoons kosher salt  
1 cup unsweetened shredded coconut  
1 (3.5-ounce) bar dark chocolate, chopped into chunks  
Butter, for greasing the pan  
Salted butter, for serving

### Directions

Preheat the oven to 325°F. In a large bowl, combine the mashed bananas, eggs, and oil. In a separate bowl, combine the flour, sugar, pudding mix, baking soda, and salt. Add the dry ingredients to the wet ingredients and combine well BUT GENTLY. Don't use an electric mixer. Fold in the coconut and chocolate chunks.

Generously butter and flour a Bundt pan (that means wipe the butter all over the inside of the pan, dust it with flour, and tip it upside down to shake out any extra flour. Don't skip this step because this batter is prone to sticking to the pan!). Pour the batter into the pan. (This can also make two 8 × 4-inch loaves, but it's so much more moist in one Bundt pan.)

Bake the cake in the center of the preheated oven until it springs back when lightly pressed and a toothpick inserted into the center comes out clean, 60 to 70 minutes. (All ovens are different. Test it around 55 minutes to start.) Let it cool slightly in the pan, then use a butter knife to gently release the cake from the sides of the pan and around the inner circle, then flip it onto a plate. If it sticks, don't panic! Just try to let it cool a bit more, use the butter knife again and try again. If it does stick and crack, just piece it back together!

Let it cool and cut it into slices. Serve them with salty butter.

### Chrissy's Notes:

\*Get six brown bananas. Not four. Not five. Six. You will think you only need five because it looks like enough, but it will not be enough. You will get five, you will mash them, you will be about half an inch short and that makes a difference and you cannot get around it. Trust me.

\*\*I won't tell you what brand to use, but the right brand rhymes with smello. Don't use banana-flavored pudding mix. I tried it. It is gross.

Recipe modified from *Cravings: Hungry for More*. Copyright © 2018 by Chrissy Teigen.

## **English Muffin Bread**

Makes two loaves

### **Ingredients**

5 cups all purpose flour  
2 packages active dry yeast (make sure it's fresh!)  
1 tablespoon sugar  
2 teaspoons fine sea salt  
¼ teaspoon baking powder  
2 cups whole milk  
½ cup water  
Cornmeal

### **Directions**

In a large bowl, mix together 3 cups of flour, yeast, sugar, salt, and baking powder. Heat milk and water in a small saucepan until very warm (about 120-130 degrees F). Stir liquids into flour mixture with a whisk. Add two additional cups of flour and stir in well with a wooden spoon. You will end up with a very thick batter.

Butter two metal loaf pans (8 or 9 inch) and sprinkle all over with cornmeal. Tap out excess. Divide dough into two equal portions and pat into prepared pans. Sprinkle tops of loaves with additional cornmeal.

Cover pans with a clean towel and let rise for 45 minutes in a warm place. Preheat oven to 400 degrees F. Bake loaves for 20 minutes until golden. Loosen loaves from pans and remove immediately to cool on racks.

Slice and serve toasted. Loaves can be baked, cooled, tightly wrapped and frozen whole or in slices for an easy breakfast.

## **Homemade Butter**

### **Ingredients**

1 cup heavy cream  
Pinch of salt (if you want salted butter, leave it out for unsalted)  
Medium sized mason jar

### **Directions**

Pour cream into mason jar. In order for the process to work, the mason jar should be no more than half full of cream. (Thus, if you want to make more butter, just use multiple jars or one large one). Add a pinch of salt if desired. Shake vigorously for about 5-7 minutes. You will notice the cream turning to whipped cream and then a few minutes later, a watery substance will separate from the fat. The watery substance is buttermilk. Pour that off and you are left with fresh butter!

## **Blow Up a Balloon with Yeast Experiment**

A packet of yeast  
A small, clean, clear, plastic soda bottle (16 oz. or smaller)  
1 teaspoon of sugar  
Some warm water  
A small balloon (blown up a few times to stretch it out)

1. Fill the bottle up with about one inch of warm water. (When yeast is cold or dry the micro organisms are resting.)
2. Add all of the yeast packet and gently swirl the bottle a few seconds. (As the yeast dissolves, it becomes active – it comes to life! Don't bother looking for movement, yeast is a microscopic fungus organism.)
3. Add the sugar and swirl it around some more. Like people, yeast needs energy (food) to be active, so we will give it sugar. Now the yeast is "eating!"
4. Blow up the balloon a few times to stretch it out then place the neck of the balloon over the neck of the bottle.
5. Let the bottle sit in a warm place for about 20-30 minutes. (Depending on container and temperature, it will still grow for an hour!) If all goes well the balloon will begin to inflate!

Experiment Courtesy of <https://sciencebob.com/blow-up-a-balloon-with-yeast/>