



# **TRINITY COLLEGE FOR WOMEN NAMAKKAL**

**DEPARTMENT OF NUTRITION & DIETETICS**

**ODD SEMESTER**

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# **BAKING PROCESS AND TOOLS**

# INTRODUCTION

• **Baking** is a method of preparing food that uses dry heat, typically in an oven, but can also be done in hot ashes, or on hot stones. The most common baked item is bread but many other types of foods can be baked. Heat is gradually transferred "from the surface of cakes, cookies, and pieces of bread to their center. As heat travels through, it transforms batters and doughs into baked goods and more with a firm dry crust and a softer center".

## **STEPS IN BAKING**

**The stages in the baking process take place as follows.**

1. Formation and expansion of gases.
2. Trapping of the gases in air cells.
3. Coagulation of proteins.
4. Gelatinization of starches.
5. Evaporation of some of the water.
6. Melting of shortenings.
7. Crust formation and browning.

## **TOOLS USED IN BAKING**

### **FLOUR SIFTER**

A flour sifter is used to sift or separate clumps from flour, cocoa powder, etc. The most commonly used sifter is a stainless steel canister type with mesh screens inside and a rotatory handle at the side.

## **TOOLS USED IN BAKING**

### **ROLLING PIN**

A rolling pin is a cylinder used for evenly flattening every kind of dough, which is an essential utensil in baking. Rolling pins are mainly made from wood or marble. Besides, you can find some rolling pins with various special designs, such as carving embossing on the surface.

## **TOOLS USED IN BAKING**

### **PASTRY BRUSH**

A pastry brush is used to spread butter, oil or egg wash on food. Pastry brushes are usually made in round or flat shape to suit different activities. At current, most of pastry brushes are made with silicone bristles, while some are still made with natural bristle

## **TOOLS USED IN BAKING**

### **COOLING RACK**

A cooling rack is made of metal wire that can make the food out of the oven cool. It allows air to circulate completely around the food in case that the bottom gets soggy because of not removing the moisture.



## **TOOLS USED IN BAKING**

### **EGG SEPERATOR**

Most common egg separators are designed to remain the yolk in the device and let the egg whites run through. They usually come in different designs and materials. Moreover, another less common style of egg separator is easy-squeeze silicone items equipped with a mouth to suck the yolk out of the bowl.

## **TOOLS USED IN BAKING**

### **BAKING OVEN**

Ovens are indispensable equipment during baking. There are mainly two types of oven: gas oven and electric oven. Plus, there are different types and capacities of ovens to choose from according to your need.

# THANK YOU

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