

Baking



Hello! I'm Mina and for my project, instead of focusing on baking in general, I dove deeper into the pastry category. My mentor stopped being dependable, so my stepmom Jenny Smith decided to help me instead. She taught me new recipes everyday, starting with easy things like rice crispy treats which are no-bake. Jenny doesn't have a profession in baking, but we had to adapt with what happened with my mentor.

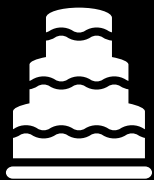
Thank you Jenny for helping me.





When I was younger and I went to stores with my dad and mom, I would often end up asking for some sort of sugary treat. I still do enjoy eating cookies, brownies, muffins and other baked goods.

I chose to do baking for my 8th grade project because I've always had an interest in sweets, and I thought, why not learn how to make my own.





Before I learned how to bake I had to learn how to be safe, clean and organized. Keeping a clean kitchen and organizing your tools, washing your hands and pulling your hair back, etc. Once that was done, we started baking. At first, we made easier things like rice krispy treats, which are no bake. We then moved to baking simple things like chocolate chip cookies. The most recent thing I've baked is pie, which took a little longer to do than the other two. I often found myself struggling to focus and pay attention. When I was paying attention, it came down to getting exact measurements and cook time.



After quarantine was announced, we stopped baking as much due to a lack of resources. We did still make pie, which turned out really good. We haven't been baking a lot since the pandemic, so I've been researching about things in the mean time. I started with learning about how dough and yeast work, and it was a lot more complicated than I expected. Before quarantine, my goal was to know how to make cinnamon rolls and pie, now it's to learn how to make cake and bread.



The beginning of the dough making process is a very long and important step. If one thing gets out of hand or goes wrong, the result will turn out far from what was expected. It begins with the fermenting process. The fermenting process takes a while and requires patience, and dedication, but the result is satisfying, ending in a soft, golden-brown loaf. Flour and water are mixed together thoroughly until it's smooth and there are no chunks. Once that is complete, the dough is placed into a glass jar, concealing it with a cloth lid. Every day from that point on, half of the concoction is taken out, add a cup of water and a cup of flour, mixing it thoroughly. When the mixture starts to have an alcohol like scent, that's when it's ready to bake.



After that, the importance of temperature is key. If it was warm outside, the temperature could be a cooler preheat.

While on the other hand if it's cold, the preheat could be a little warmer. Preheat temperature varies depending on how heavy or light the bread. If it is a lighter bread, the temperature will be around 190 and 210 Fahrenheit. Heavier loaves bake in a cooler temperature, around 180 and 200 Fahrenheit. The reason bread is baked at a cooler temperature when there is more of it, is because the middle won't bake thoroughly if the temperature is too high, it'll end up melting in the middle. Bread normally bakes for around 20 minutes, or until golden-brown. Another way to tell when the bread is done being baked, is to tap the bottom. It should sound hollowed out.





This project taught me a lot about more than just baking, it taught me about focus and the seriousness of it. It taught me self control and why listening is so important. During this project I also learned how to make dough, and a few recipes. After this project I want to continue baking and learning new things about it.



That's all, thank you for reading about my 8th grade project.