Functions of Ingredients

Flour

* Provide bulk and structure
* Used to thicken
* Prevent sticking during preparation/baking
* Contain gluten = plastic and elastic
* Whole wheat, all purpose, cake, pastry, bread, high gluten (contain different amounts of gluten affecting elasticity of baked good and leavening)
* Whole wheat flour will be denser and have less volume in a baked good

Sugar

* Provides flavour, colour (caramelization), tenderize, preserve
* Act as a creaming or foaming agent to assist with leavening
* Granulated, brown, powdered, corn syrup, honey, maple syrup

Vanilla

* Adds flavour and colour

Baking Soda

* Is a base = needs an acid present to activate (buttermilk, lemon juice, honey, etc)
* Releases carbon dioxide = assists with leavening
* Heat is not necessary

Baking Powder

* Contains an acid and a base
* Needs water to work (eggs, milk, water, etc)
* Leavens baked goods

Salt

* Enhances flavour

Fat

* Provide colour, flavour, moisture, mouth feel (texture)
* Assist in leavening (incorporate air)
* Shorten gluten strands (coat gluten strands in flour = tenderize)
* Butter, shortening, oil, lard, margarine
* Never use oil in a recipe where it calls for solid fat because it fully blends

Milk

* Provides taste, texture, colour and nutritional value
* Other liquids, evaporated milk, sweetened condensed milk, cream, dry milk

Eggs

* Add flavour, colour, incorporate air, contribute to structure
* Yolk = used for emulsifying
* White = can be whipped, adds lightness
* Egg replacers, corn starch