



BAKED FRESH

Your Education Update



THIS MONTH IN FOOD June 7th — National Donut Day

FUN FACT: This sweet comfort food first appeared in cookbooks during 1803 and now represents 8% of total in-store bakery sales. That's \$3-4 billion per year!

Fried Deliciousness: Donut Production

In June we celebrate a fun and playful product offering a delicious experience with every bite, whether it's classic glazed, filled with rich cream, or topped with colorful sprinkles, the donut can be enjoyed anytime from breakfast through dessert.

Donuts are divided into two general classes:

- Cake donuts that are chemically leavened (usually with a leavening agent and sodium bicarbonate.)
- Yeast-raised donuts that use yeast and fermentation to obtain its volume.

Once the dough has been prepared, the dough pieces are fried in a deep-fat fryer. Frying operations are carried out at 375°F or 190°C. The oil is preheated 1-hour prior to frying to ensure that the oil temperature is stable and constant. Used oil is replaced with fresh oil after four frying batches.

Yeast-raised donuts absorb less oil than the cake variety, at about 9.96% lower in oil content. The higher oil uptake in cake donuts could be attributed to the production of water during the chemical reaction and its departure from the dough. This porous structure is immediately replaced with oil. In both cake and fermented donuts, oil uptake is at its highest in the first few seconds of frying. Oil penetration occurs where water has evaporated.

Learn more about donut production on ASB's BAKERpedia.

CONTINUE READING



FEATURED WEBINAR: Mixing Technology: ASB Coffee Break

Check out this ASB Coffee Break with special guest Ken Schwenger of Bakery Concepts International.

Watch as Ken and fellow members connect to discuss mixing technology, PM, automation, sanitation, labor issues, and more.

Speakers: Ken Schwenger

Webinar length: 40 minutes

WATCH NOW



FEATURED COURSE: Yeast & Dough Systems

This course explores yeast, fermentation, and the different dough systems that are used in the baking industry. Understanding the role of yeast and dough systems will help you duplicate the same product on different lines, and give you the upper hand in controlling the use of processing aids.

Certificate: BAKERcertified Bread 5

Course length: 30 minute module + test

Only \$150 for ASB members. Or, train your team! Email sday@asbe.org for group pricing.

ENROLL NOW

OVERHEARD AT THE HUB



“I am Food Technologist in the food industry, but the baking industry is new for me. ASB is a great help in providing learning through video lectures on process understanding, role of ingredients in developing a desired quality of product, and lot of recipes available through their education hub. This is an excellent tool to provide step-by-step guidance for new learners in baking industry.”

— Muhammad Arif, R&D and Quality Manager

WANT AN EXCLUSIVE FIRST LOOK?

Exclusive to our Education Newsletter readers, we have 2 BRAND NEW courses from the Bakers Manufacturing Academy:

- [Bread Quality](#)
- [Bread Manufacturing](#)

These courses, developed by the American Baker's Association, include interactive training modules, knowledge check quizzes, and a certificate upon completion.



ASBE.ORG



American Society of Baking | 1415 Shelby Street, Suite A, Indianapolis, IN 46203

Was this email forwarded to you? [Subscribe here](#) and never miss an update!

American Society of Baking | 550 1415 Shelby Street, Suite A | Indianapolis, IN 46203 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)