



PREPARATION OF BREAD PRODUCTS DOUGH

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Abstract: *the process of making the dough of bakery products, occupies an important place in traditional cooking. This process is one of the main stages that determines the quality of bread. When preparing bread dough, it is necessary to take into account a number of important factors. In this article, we will tell you about the main stages of the bread dough preparation process, ingredients, methods and some important tips.*

Keywords: *bread, dough, wheat, yeast, methods, salt, water, sugar, oven.*

When preparing bread dough, the necessary ingredients must be selected correctly. For the preparation of bread, mainly flour, water, salt, yeast and additional ingredients are used, such as sugar, oil, milk or eggs. It is important to pay attention to the quality of the flour, since the texture and taste of the bread depends on the properties of the flour. Usually, wheat flour is used, but other flours can also be added, For example, oat or barley flour. The process of making dough consists of several stages. First, we put the flour in a wide bowl and add salt and sugar. Salt, along with increasing the taste of bread, also improves the texture of the dough. Sugar, on the other hand, stimulates the activity of yeast and increases the color of bread. Next, we dissolve the yeast in water and add it to the flour mixture. The temperature of the water is also important. Too hot water can kill yeast, while too cold water slows down its activity. Usually, warm water is recommended.[1]



The process of mixing the dough is very important. In order for the ingredients to mix well with each other, the dough must be mixed by hand or using a mixer. The structure of the dough should be the same. If the dough is too dry, it is possible to add water, if it is too liquid, it is necessary to add flour. When the dough is ready, let's pour it and proceed to the kneading process to give it the desired shape. The kneading process increases the elasticity of the dough and forms air bubbles inside it. These air bubbles expand when baking bread and ensure that the bread is soft, airy. It is recommended to knead the dough for 10-15 minutes. When the dough is ready, we put it in a bowl, cover it with a tissue or plastic cap and wait for it to rise in a warm place for about an hour. This process stimulates the activity of yeast and increases the volume of the dough. Once the dough has risen, it must be kneaded again. This process will release air bubbles inside the dough and make the dough more dense. Next, we prepare the dough for baking, bringing it to the desired shape. Bread can vary in shape and size: loose bread, rectangular, round or other shapes. It is recommended to wait a few minutes for the formed dough to rise once more. This process will help the bread rise well when cooked.[2]

The cooking process is also important. To bake bread, the oven must be preheated. Usually, it is recommended to bake bread at 180-220 degrees Celsius. Baking time varies depending on the size and shape of the bread. When the bread is cooked, its top should turn golden and the inside should be soft. It is necessary to take the baked bread out of the oven and wait a few minutes to cool. This process improves the internal structure of the bread and helps to preserve air bubbles. There are also some important tips in the process of making bread dough. For example, the ingredients used in the preparation of the dough should always be fresh and of good quality. When using yeast, it is necessary to check its expiration date. If the yeast is stale, the dough will not rise well. Also, during the process of lifting the dough, the dough should not be left in a very cold place, as this also slows down the activity of the yeast.[3]



It plays an important role in the preparation of yeast, bread and other pastries. Maintaining its quality directly affects the success of the products being prepared. It allows you to properly store yeast, maintain its activity and use it for a long time. There are two main types of yeast: dry yeast and fresh yeast. Each species requires specific storage methods. Dry yeast is usually intended for long-term storage. It is recommended to store it in an unopened package, as this will preserve its activity. It is important to store dry yeast in a dry and cool place. The Ideal temperature should be around 20-25 degrees Celsius. If the package is opened, it is necessary to place dry yeast in an airtight container. This will reduce its contact with moisture and air, as well as help maintain the quality of the yeast in the long term. If you want to store yeast for a long time, it can be stored in the refrigerator. Before storing in the refrigerator, the yeast should be placed in an airtight container. Fresh yeast, on the other hand, is usually intended for short-term storage. It is often stored in the refrigerator and can usually be used for several weeks. When storing fresh yeast, it is recommended to store it packaged or place it in an airtight container. If you want to keep fresh yeast for a long time, it can be frozen. Before storing in the refrigerator, it is important to cut the yeast into small pieces and cover with an airtight lid. This will help maintain the quality of the yeast and allow it to be used at the right time. Before using yeast, it is recommended to check its activity. Before using the stored yeast, it must be mixed with a little warm water or milk and observed to foam. If the yeast begins to foam, this indicates that it is still active and is suitable for use. If the yeast does not foam, it means that it has lost its function and should not be used. The preservation of yeast helps to preserve its quality and allows you to achieve good results in the process of making bread. With the right storage methods, you can maintain the activity of the yeast for a long time, which will make your cooking experience more successful. Taking into account these recommendations for storing yeast, you will always have the opportunity to prepare quality bread and other pastries.[4]



Conclusion:

In general, the process of making bread dough is an important part of traditional culinary art. This process consists of a series of steps, such as choosing the right ingredients, mixing, kneading and baking. As a result of paying attention and approach with patience at each stage, it is possible to make delicious and high-quality bread. Bread, not only a food product, is also part of our culture and traditions. Therefore, learning the process of making bread and sharing it with others will help preserve and develop our culture.

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