

# «Хлеб – основа жизни» ПК Технология производства УРОК

## 1.Фон. Зарядка

- 1) brown (rye) bread – черный (ржаной) хлеб
- 2) white (wheat) bread – белый (пшеничный) хлеб
- 3) loaf – буханка
- 4) round loaf – круглый хлеб
- 5) long loaf – батон
- 6) French loaf, French stick – французский батон
- 7) roll – булочка
- 8) pan loaf – формовой хлеб
- 9) wholemeal rye bread – хлеб из просеянной ржаной муки
- 10) meal – мука крупного помола
- 11) flour – мука
- 12) yeast – дрожжи.
- 13) dough – тесто
- 14) paste – сдобное тесто
- 15) crumb – мякиш хлеба, крошка хлеба
- 16) crust – корка, горбушка
- 17) fresh – свежий
- 18) stale – черствый
- 19) rusk – сухарь

- **. In this exercise the explanations of some words are given. Choose the right word (notion) from the list and complete each sentence.**
- *Stale, rusk, crumb, bread, paste, crust, dough, fresh, flour, yeast, loaf, roll.*  
*чёрствый, сухарь, крошка хлеба, корка хлеба,*
- Mixture of flour, water, eggs etc. for making (baking) smth.-----
- Food made by mixing flour with water and yeast, kneading, and baking in an oven -----
- Substance used in brewing beer and in the making of bread -----
- Piece of bread baked hard and crisp -----
- Soft mixture of flour, fat, etc. for making pastry -----
- Fine meal, powder, made from grain used for making bread, cakes, pastry---
- Mass of bread cooked as a separate quantity -----
- Dry and unappetizing because not fresh -----
- Newly made, produced -----
- 10) Tiny bit of the inner part of a loaf -----
- 11) A small quantity of bread baked in curved shape---
- 12) Piece of the hard-baked surface of a loaf -----

## Активизация лексики

- 1. Match the phrases 1-13 in List A with the phrases a-m in List B.

- List A

- 1) Eaten **bread** is soon forgotten.
- 2) Life is not bad provided you have **bread**.
- 3) Cheese and **bread** make the cheeks red.
- 4) **Bread** is the stuff of life.
- 5) The house is dead where there's no **bread**.
- 6) Man shall not live by **bread** alone.
- 7) One's own dry **bread** is better than another's pies.
- 8) Don't quarrel with your **bread** and butter.
- 9) All **bread** is not baked in one oven.
- 10) A good neighbour is like **bread** in store.
- 11) This is **bread** and this is salt, and now be kind to speak your mind.
- 12) Dry **bread** at home is better than roast meat abroad.
- 13) Acorns were good till **bread** was found.

## Активизации лексики в пословицах и поговорках

- **List B**
- а) У всякой пташки свои замашки.
- б) Свой сухарь лучше чужих пирогов.; Свой **хлеб** сытнее.; Лучше свой кусок, чем чужой пирог.
- в) Добрый сосед – как **хлеба** сусек.
- г) Не единым **хлебom** жив человек.
- д) В гостях хорошо, а дома лучше.; На чужой стороне и весна не красна.
- е) Брюхо – злодей, старого добра не помнит.; Избыл нужду, забыл и дружбу.
- ж) Рыба ищет, где глубже, а человек, где лучше.
- з) **Хлеба** ни куска – и в горнице тоска.; Без соли, без **хлеба** худая беседа.
- и) **Хлеб** да каша пища наша.
- й) Живем, да **хлеб** жуем.
- к) От добра добра не ищут.; От **хлеба хлеба** не ищут.
- л) Пуст мешок стоять не будет.
- м) **Хлеб** – соль ешь, а правду режь.; Правда дороже **хлеба**.

## Пословицы ( Активизация лексики )

- What is the role of bread in Russia?
- What are principal cereal crops in Russia?
- What kind of bread was particularly loved by Russians?
- Describe the process of making bread in old Russia?
- Why is bread extremely valuable foodstuff?
- What is bread rich in?
- Why does outward appearance of bread play a vital part?

**Речевая зарядка1. Answer the following questions:**

Bread has always been considered as the wealth of the Rus. The role of bread was so great that in the years of bad harvest starvation began in spite of the sufficiency of meat food. Russian forests and rivers were notable for abundance of wild animals, birds and fishes.

Principal cereal crops in Russia were wheat, rye, barley, millet and oats.

Sour bread from leaven dough was particularly loved by Russians. They used beer or kvas base, yeast or a part of old dough as leaven. It was very long and complicated to make bread, so it was baked only once or twice a week.

## **Russian Bread**

It looked approximately like this:

- In the evening, before sunset a woman, usually the most experienced one, began to prepare "Kvashnya" (dough-trough). There was a special large wooden pan with the same name "Kvashnya" for it. It was always used, and washed very seldom. They put leaven in, add in warm water and a piece of old dough. Having stirred with a big wooden spoon, they added warm water and well sifted flour, then the dough was stirred until it looked like thick sour cream and then left in a warm place for a night, covered with a clean towel. In the morning of the next day, they began kneading the dough, it was a hard and labour-intensive work. The dough was kneaded until it came off freely from the sides of the pan. Then they left it in a warm place for another couple of hours, later they were kneading it once again and made round smooth loaves. The breads were left to "rise" and only after that they were put into the well and evenly heated oven. To determine if the bread is well baked, you must take it in the left hand and knock from below. It must sound like a tambourine.

**Russian Bread**  
The woman who could bake breads best of all was very proud of it and was considered the most wonderful housewife.

- Bread is extremely valuable foodstuff. Scientists affirm that bread contains more than 200 useful for a man substances among which are 5-8% protein and 40-50% carbohydrate. So the people who eat bread cover all organism needs in energy. Bread is rich in rough fibre that contain vitamins and mineral substances. The larger grind is, the more health-giving substances bread has.

Outward appearance also plays a vital part. Bread must look attractive, "pleasant to eye" and its aromatic bouquet has more than 200 different smells. Sometimes they add coriander, caraway-seeds, vanilla and other things to diversify the taste and the smell of bread. But at any case the real smell of bread is much better.

## Russian Bread



- Russian cuisine is rich and varied. There is a big choice of appetizers, soups, hot and dessert dishes. Soup makes an important part of a Russian meal.
- Russian cuisine is famous for its pies which were baked in Russia in good old times and very popular nowadays. They are rasstegai (open-topped pirozhki with meat or fish stuffing), kulebiaka (a pie with meat, cabbage or fish filling), vatrushki (yeast dough rolls with hollows filled with curds or jam), krendeli (knot-shaped bread), boubliki (thick ring-shaped rolls), baranki (ring-shaped rolls), sooshki (small ring-shaped crackers), koolich (Russian Easter cake).
- Russian people are very hospitable and generous at the table. They invite everyone who enters their house to eat with them. Bread and salt are the symbolic offering at welcome and also a sign of respect from host to guest. The guest is welcome to share the food even if the house has no more to offer than bread and salt. Hospitality is a typical trait of character of a Russian.

## Проверка домашнего задания Russian Cuisine

- **Vocabulary**

- 1) cuisine [kwi'zi:n] – кухня, стол (питание; поваренное искусство)
- varied [ˈve(ə)rɪd] – разнообразный
- appetizer [ˈæpɪtaɪzə] – закуска
- filling [ˈfɪlɪŋ] – начинка
- hollow – углубление, ямка
- knot – узел, переплетение
- Easter [ˈi:stə] – Пасха
- hospitable – гостеприимный
- generous – щедрый



- **1. Give Russian equivalents to the following word-combinations:**

- a big choice of appetizers, in good old times, yeast dough rolls, filled with curds, knot-shaped bread, a sign of respect, a typical trait of character.

Задания к тексту

● **2. Give it a name.**

- a) Small ring-shaped crackers are \_\_\_\_\_.
- b) A pie with meat, cabbage or fish filling is \_\_\_\_\_.
- c) Yeast dough rolls with hollows filled with curds or jam are \_\_\_\_\_.
- d) Knot-shaped bread is \_\_\_\_\_.
- e) Russian Easter cake is \_\_\_\_\_.
- f) Open-topped pirozhki with meat or fish stuffing are \_\_\_\_\_.
- g) Thick ring-shaped rolls are \_\_\_\_\_.
- h) Ring-shaped rolls are \_\_\_\_\_.

**Задания к тексту**

# Describe the process of making bread in old Russia? (Опишите процесс приготовления хлеба на Руси)

- In the evening, before sunset a woman, usually the most experienced one, began to prepare "Kvashnya" (dough-trough). There was a special large wooden pan with the same name "Kvashnya" for it. It was always used, and washed very seldom. They put leaven in, add in warm water and a piece of old dough. Having stirred with a big wooden spoon, they added warm water and well sifted flour, then the dough was stirred until it looked like thick sour cream and then left in a warm place for a night, covered with a clean towell. In the morning of the next day, they began kneading the dough, it was a hard and labour-intensive work. The dough was kneaded until it came off freely from the sides of the pan. Then they left it in a warm place for another couple of hours, later they were kneading it once again and made round smooth loaves. The breads were left to "rise" and only after that they were put into the well and evenly heated oven.

- **1. Kneading dough. (Замес теста)**

- Knead the dough, the most important process step, from which a large extent on the future course of the process and the quality of bread.
- When making dough from flour, water, yeast, salt and other components a uniform mass having a particular structure and physical properties.

**Some technological operations.**

- To bake the product was porous and easy to digest, dough before
- you need to loosen the cakes. This is a prerequisite of goo bakery test.
- The dough under the influence of carbon dioxide begins to wander, allowing get good bread with loosened porous crumb.
- The purpose of sourdough fermentation and test-reduction test in a condition in which it is on the gassing capacity and structural and mechanical properties will be best prepared for cutting and baking.
- It is not as important in the accumulation test substances, causing the flavor and aroma characteristic of the bread of the well ferment the dough.

## 2. Loosening and fermentation test.

## Разрыхление и брожение теста

- .
- In the production of wheat bread and bakery products the dough comprising the steps of: dividing the dough into pieces, round, proofing, molding and final proofing test preforms.
- Divide the dough into pieces produced in dough machine.
- Weight dough piece is set, starting from a given piece weight bread or bakery products, taking into account the loss in mass of the test piece when baking (oven loss) and pieces of bread on cooling and storage (shrinkage).
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### **3. Cutting the dough (Разделка готового теста)**

- After dough batter enters the rounding machine where they were given a round shape. There after, a test workpiece must lie down for 3-8 minutes
- To restore karrkasa gluten, when it comes to a molding machine where it is subjected to a certain form (loaves, buns, rolls, etc.).

**Cutting the dough (Разделка  
готового теста)**



- **A type of bread common to Northern Europe in many varieties, but almost unknown in the south.** This version is a typical Danish example. In Denmark, most people eat this type of bread several times a week.
- **Ingredients**
- 1500g rye flour
- 1000g cracked rye seeds
- 5 tablespoons salt
- about 2L water
- 300mL sour dough
- This recipe produces 3 loaves of rye bread. They can keep about a week in a plastic bag. Do not refrigerate.

**Переведите рецепты (Д/З) Rye Bread**

- **Procedure**

- Mix the salt with the rye flour in a big bowl. Add 1.8L of water and mix it. Mix in the sour dough. The result should be wet enough to flow very slowly. Cover it with a cloth and let it rise for at 12-30 hours as convenient. Then add the cracked rye seeds. If the resulting dough feels dry, add a bit of water. The result should be just dry enough to retain an approximate shape, but no drier. Take out 300mL of dough for the next bread. Butter 3 bread forms and put the dough into it, forcing it into all corners with a spoon. Then using a fork, make deep holes as close as you can all over the bread. Let it rise for 5-10 hours, and then bake it for about 90 minutes at about 180C. Let the bread cool for 15 minutes, and then tip them out to cool further on a table. Note that the bread is very difficult to cut for 2 hours or so after baking.

**Rye Bread**Переведите рецепты  
(Д/З)

- **Ingredients**

- 2½ cups (approx 625 ml) warm water
- 1 packet dry (2 1/4 teaspoons) yeast
- 1 oz (30 g) sugar or honey
- 2 lb (1 kg) flour
- 1 pinch salt

- **Procedure**

- Put half of the water into a container, add yeast and either sugar or honey.
- Take another container and put in 2 pounds(1 kg) of flour. Form a crater in the middle into which you can pour the water with the yeast. Add a pinch of salt. Knead it and keep adding water until the dough has a good thick consistency.
- Place the dough on a surface and let it stand for about 1 hour. Knead again to let the air out and knead it into the shape of a bread. Let it stand for another 45 minutes.
- Bake in an oven at 375°F (200 °C) for 50-60 minutes or until the internal temperature is about 200°F(95 °C).
- Now you have a nice, tasty loaf of bread.
- **Tips**
- If your bread seems crumbly or not sufficiently soft and bouncy, try using high gluten flour. You can get special bread making flour which is higher in gluten than normal flour.

White Bread

- **Focaccia** is a type of flat bread popular in Italy. The basic bread is often topped with any of the following: herbs, olive oil, cheese, meats, and vegetables, and can be seen as a precursor to pizza. Focaccia is commonly used for sandwiches.
- Makes 1 loaf.
- **Ingredients**
- Focaccia bread
- 3 1/2 cups all-purpose flour
- 1 teaspoon white sugar
- 1 teaspoon salt
- 1 tablespoon active dry yeast
- 1 cup water
- 2 tablespoons vegetable oil
- 1 egg
- 3 tablespoons olive oil
- 1 teaspoon dried rosemary, crushed
- **Procedure**

# Focaccia

- **Procedure**
- Combine 1 cup flour, sugar, salt, and yeast. Mix well.
- Heat water and vegetable oil until warm, and add to yeast mixture along with the egg.
- Blend with an electric mixer at low speed until moistened. Beat for 2 additional minutes.
- Stir in 1 3/4 cup flour (note: half of total) while beating, until dough pulls away from side of bowl.
- Knead in 1 3/4 cup flour on floured surface. Cover dough with a bowl, and let sit for 5 minutes.
- Place dough on a greased baking sheet. Roll out to 12-inch circle. Cover with greased plastic wrap and a cloth towel. Place in a warm place for 30 minutes.
- Uncover dough, and poke holes in it with a spoon handle at 1 inch intervals. Drizzle olive oil on dough, and sprinkle with crushed rosemary.
- Bake at 400°F (205°C) for 17 to 27 minutes, until just golden. Remove from baking sheet, and cool on rack.

# Focaccia



**Спасибо за внимание**