

# Lifetime Learning Proudly Presents – Quick Breads

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Simply put, quick bread is a bread recipe that is made without yeast. That's it! Instead of using yeast to achieve a rise, these bread recipes rely upon leavening agents like baking soda and baking powder.

Unlike yeasted breads, quick breads don't need to be proofed or kneaded. They can go from the mixing bowl to the pan to the oven. While the bake times can seem long (sometimes up to an hour), they are definitely speedier to make than a yeasted dough.

Quick breads don't have the same texture as yeasted breads either. Most quick breads have a texture that's similar to a muffin. They can be sliced and toasted but they're not really suitable for something like your lunchtime sandwich. Many types of sweet bread fall into the quick bread category, too.

## Types of Quick Bread

There are near-limitless kinds of quick bread. If you can think of a flavor, chances are that some clever baker has thought of a way to stir it into a quick bread batter and bake it up in a loaf pan.

That being said, there are a few popular types of quick bread (some of which you may have already made before).

- **Banana bread:** This is one of the most popular kinds of quick bread. It's the perfect way to use up a few bananas that are past their prime. Plus, you can gussy up the recipe by adding mix-ins and more.
- **Cornbread:** This yeast-free bread is a fantastic compliment to any meal—especially chilies and other hearty fare.
- **Soda bread:** You guessed it: Soda bread gets its name from the baking soda used in the recipe. Unlike many other quick breads, Irish soda breads are often baked freeform on a baking sheet.
- **Beer bread:** While many quick breads tend to lean toward the sweet side, beer bread is distinctly savory. This bread gets its signature flavor and lift from the beer added to the batter. When combined with the leavening agents the batter bubbles up and has a nice rise.

- **Zucchini bread:** It's safe to say that zucchini bread is the most delicious way to enjoy this summer bumper crop. Zucchini bread bakes up very moist thanks to the shredded veggie inside.

In selecting the recipes to present, I have tried to give you a variety of tastes, some savory and some sweet. I have also shown you how many pans of quick breads each recipe makes. For information, when trying to figure out how many slices, simply figure that the average 8 x 8 or 9 x 8 bake pan will give you between six to eight slices, then you can double that by simply slicing the quick bread not only into slices, but then cut each slice in half, top to bottom.

I hope you get to make a few of the following 25 Quick Bread recipes.

Chef Cal