



## **I. Frequently Asked Questions**

### **1. How biscuits are different from cakes?**

Biscuits are cereals based product with low moisture and good shelf life. Biscuits are baked at high temperature within short time. However cakes have more moisture and baked at medium temperature for longer duration. They cannot be stored for long time.

### **2. Define biscuits?**

Biscuits are oven baked food items with greater nutritive value than plain bread of equal weight. They are classified as hard, soft and “batter” biscuits. They can be savoury, sweet, plain – baked, filled or coated (or a mixture of several of these options). Some biscuits satisfy special dietary needs, such as those for high fibre, protein or extra vitamins (as in infant rusks). Biscuits also contain fat and often sugar, and are cut or moulded into thin layers and baked rapidly and thoroughly.

### **3. What are the main ingredients required for biscuits making?**

There are three major ingredients wheat flour, fat and sugar. To these ingredients, various small ingredients is added as leavening, flavor and texture. Other ingredients include leavening agents, vitamins, minerals and flavors. In sweet biscuits, cane sugar is added while in salty biscuits, sodium chloride (0.5-0.1 percent) is added.

### **4. Mention the specification of wheat flour for biscuits?**

The wheat flour is composed of carbohydrate (as starch), protein and fat, together with some fibre, ash and trace minerals and vitamins. The formation of the gluten, its strength and elasticity is determined by the flour specification, recipe and the mixing processes. Wheat flour contains proteins including gliadin and glutenin. In the presence of water these proteins combine to form gluten. The gluten forms an elastic web, which gives the dough strength and transforms into a thin sheet for crackers and hard sweet biscuits. Shorter mixing time results in less development of the gluten strands resulting in biscuits with short texture.



### 5. What is the role of corn flour in biscuits making?

Corn flour is used in combination with wheat flour. Corn flour is a white free flowing powder produced by wet milling of maize, followed by washing, concentrating, centrifuging, drying, milling and sifting to give a natural maize starch. It has a short gel texture, relatively high viscosity, easy dispersibility in cold water. The protein in corn flour does not form gluten, thus used as an ingredient to produce a more tender biscuit with reduced gluten development.

### 6. Write a short note on types of sugars used in biscuits?

**Glucose Syrup:** Glucose syrup ( $C_6H_{12}O_6$ ) is a solution (up to 80%) of glucose (dextrose), maltose and malto-dextrin in water. It obtained by enzymatic hydrolysis of starch. Starch from wheat, corn, potato, cassava or any other plant can be used for this purpose.

**Cane syrup:** Syrups with 80% solids derived from the refining of cane sugar. Used for their excellent flavour imparting nature.

**Invert syrup:** Syrup of 70% solids made by acid hydrolysis of sucrose. The results in 50:50 mixture of dextrose and fructose which are both reducing sugars and contribute to the Maillard reaction in baking.

**Fructose syrup:** Commercially, fructose is derived from sugar cane, sugar beets and corn. Crystalline fructose is a monosaccharide, dried and ground, and of high purity. High-fructose corn syrup (HFCS) is a mixture of glucose and fructose. High fructose syrup is a special type of glucose, formulated with a high fructose content. It is much sweeter than glucose.

### 7. How are the biscuits categorised?

Biscuits are categorized as 1) Pastry dough. 2) Creamed dough. 3) Egg white mixture 4) whisked egg dough and 5) Doughs rich in honey and other sugar syrups.

### 8. What are the useful tips to get good short crust biscuits?

1. Keep the ingredients at room temperature.



2. Too much handling of dough should be avoided.
3. Use ice cold water for binding the ingredients. Do not add too much water.
4. Before rolling, chill the dough in a freezer so that butter becomes firm. E. g: Jam tarts, rich biscuits.

### **9. Explain preparation of biscuits by cream dough?**

Creaming is the process of beating together butter and sugar so that air bubbles are forced into the batter. The aerated mixture is then moistened with eggs. Finally, flour is added to make the dough. Creamed dough provides many opportunities for shaping. It should be firm to be rolled out and cut with biscuit cutter into various attractive shapes, like circles, hearts, diamonds, squares etc. Biscuit cutters are used for getting these basic shapes. A less firm dough can be dropped from a spoon to produce chunky, irregular shapes. Further, variations can be made by changing proportions of the basic mixture by increasing the quantity of egg or a few drops of flavorings essence or grated rind of citrus fruits or ground spices. Blend with raisins, nuts, currants can be added. Creaming should be done properly so that the mixture increases in volume and becomes light and fluffy.

### **10. How are the macaroons prepared?**

When egg whites are lightly beaten it becomes a loose foam which is used to bind dry ingredients. Nuts are often used as the basis of these mixtures, replacing the flour that provides the body of most biscuit dough. A blend of nuts and sugar, moistened with sufficient egg white forms a batter, which produce crisp light macaroons. These biscuits have a deliciously chewy texture. Nuts, if used, should be finely ground to achieve a smooth, even mixture. E.g: Pea nut macaroons.

### **11. Why only egg whites are used to prepared biscuits using whisked egg dough?**

These biscuits are made from egg white mixtures by using only the whites from the



eggs, sugar and nuts, whereas whisked egg dough biscuits contain whole eggs, sugar and flour. The egg yolk fats reduces the rising of the biscuits, therefore only egg whites are used.

### **12. What are the steps involved in biscuits making?**

Mixing and Kneading, Sheeting and Shaping, Baking and cooling finally Packaging

### **13. What are the suggestions for making better biscuits?**

- 1 For best results always use freshly grounded spices.

If the syrup is too thick to blend in the flour, warm it slightly. Addition of butter at this stage helps to get thinner consistency.

2. Always sift flour, soda bicarbonate and dry powdered spices together for even mixing

### **12.Mention the types of biscuits?**

Cream crackers, Soda crackers, Savoury or snack crackers, Water biscuits and matzos, Puff biscuits, Hard Sweet, Semi Sweet and Garibaldi Fruit Sandwich Biscuits, Short dough biscuits.

### **13.What is the reason for popularity of savoury or snack?**

This type of biscuit are salted, flavoured and fat sprayed after baking. Depending upon their size, they are regarded as savoury snacks, nibbles or biscuits from cheese. Their high versatility allows high varieties, they may be cream sandwiched with a savoury, non-sweet cream based on cheese powder. Savoury crackers can be decorated with poppy, sesame or celery seeds and garnished with salt.