

The Acceptance of Eggs as a Natural Aerator in Baking

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Abstract: Eggs are one of the most important, natural ingredients in baking. Egg-free baking recipes are few and far between, and for good reason – for many products eggs are indispensable. Eggs bind, aerate, leaven, emulsify, thicken, aid in setting, are the base in many recipes and can be used as fillings, toppings, glazes and also for adding flavour and colour to baked goods. No other single ingredient can do so much in baking. Nature's very own miracle food product, the humble egg's ability to do so many jobs – and all at once - is the reason why bakers the world over depend on it so much. This highlights key aspects of the culinary world, focusing on aeration as a process that introduces air into ingredients to enhance texture and volume. It emphasizes the multifaceted role of eggs in baking, from providing structure to flavour. Additionally, it introduces the concept of bakery premixes, which streamline the production of a wide range of bakery products, enriching their taste, texture, and appearance.

Keywords: Aeration, Coagulation, Baking, Binding, Glaze, Thickening, Emulsifying.

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