

CAB Practice Test Questions and Answers

1. What does baker's percentage express?

- A) The percent of total dough weight each ingredient contributes
- B) The ratio of each ingredient relative to the total flour weight set at 100%
- C) The hydration level of the finished loaf
- D) The percentage of protein in a blend of flours

2. What role does fat play in bread dough?

- A) It strengthens gluten
- B) It enhances flavor, texture, and moisture retention
- C) It speeds up fermentation
- D) It reduces dough expansion

3. What is the effect of over-proofing dough?

- A) It strengthens gluten
- B) It causes the dough to collapse
- C) It improves oven spring
- D) It speeds up baking time

4. How does resting time impact pastry dough?

- A) It increases yeast activity
- B) It allows gluten to relax for better texture
- C) It reduces dough hydration
- D) It makes the dough tougher

Answers: 1-B 2-B 3-B 4-B

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