

Video: Starch gelatinization, retrogradation, and the world's fluffiest white bread

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Credit: The American Chemical Society

If you want to make the fluffiest bread possible, you're going to need to use chemistry.

This week, we explore the science behind starch gelatinization, a [phenomenon](#) found in Chinese "tangzhong" and Japanese "yudane" techniques.

Then, we put it to the [test](#) to see how much gelatinized starch it takes to make the fluffiest, tastiest and most stale-resistant loaf!

Provided by American Chemical Society

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