### BNF FOOD FUNCTIONS

#### BIND

**Product / Ingredient**  
Nann bread / Yogurt  
Pancake / Milk  
Fish cake / Egg  
Pastry / Water

**How?**  
Combine yogurt with main ingredients and stir  
Whisk milk gradually into other ingredients until smooth  
Mix egg with other ingredients  
Stir water into flour mixture until a dough is formed

**Why?**  
Liquid present in yogurt is absorbed by the starch granules and hydrates proteins in the flour to form a network  
Milk disperses the protein from the egg and suspends the starch granules from the flour in a smooth batter mixture  
Raw egg combines the other ingredients and during cooking the protein in the egg coagulates keeping the fish cake together  
Water is absorbed by the starch granules, hydrating proteins in the flour to form a network

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