



Baking It Up!

TESTED RECIPES AND TIPS
FOR BAKING AT ALTITUDE



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The revision of B427 Baking at High Altitude (1965) recipes, was undertaken to modify and modernized them to incorporate ingredients which are more current to lifestyle and health. The most important example was replacing shortening with oil. In addition, the pans were updated by using the current pan descriptions and/or sizes. Utensils and household equipment were updated, along with the use of available baking aids. Written instructions were clarified using standardized recipe writing guidelines to achieve reliable outcomes for each recipe.

This publication also includes new recipes which were developed at high altitude, which is the opposite of most recipes which are developed and baked at lower elevations then adjusted using the standard high altitude baking adjustments guidelines.

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Dedicated to Margaret S. Boyd, Colleague and friend

Introduction	5
Baking at high altitudes	5
Guidelines for successful high-altitude baking	5
Altitudes in Wyoming	6
How lower air pressure affects baking	7
Cakes	9
Yellow cake	10
Quick yellow cake	11
Golden loaf cake	13
White cake	15
Sweet chocolate cake	17
Chocolate fudge cake	18
Egg yolk spice cake	19
Spice cake	21
Applesauce cake	22
Gingerbread	23
Angel food cake	24
Sponge cake	26
Cocoa chiffon cake	28
Coconut-pecan frosting	30
Cookies	31
Rolled cookies	33
Chocolate chip cookies	35
Vanilla drop cookies	37
Butterscotch drop cookies	39
Creole kisses	40
Oatmeal cookies (crunchy)	41
Oatmeal cookies (soft)	43
Fruit bars	44
Apple bars	45
Cake brownies	47
Fudge brownies	49
Butterscotch squares	51
Quick Breads	53
Muffins	55
Biscuits	57
Quick whole wheat biscuits	59
High country scones	61

Pancakes	63
Waffles	65
Southern corn bread	66
Corn bread	67
Blueberry coffee cake	69
Cinnamon-nut coffee cake	71
Apple coffee cake	72
Nut bread	73
Banana bread	75
Date-nut cheddar cheese loaf	76
Prune bread	77
Cherry bread	79
Lemon bread	81
Orange bread	83
Cake doughnuts	85
Orange-drop doughnuts	86

Altitude Adjusters88

There are no fool-proof formulas.	88
General adjustments for baking—what, where, and why	89

Home Baking Food Safety90

General kitchen safety	90
Clean	91
Separate.	92
Bake/cook	92
Chill	93
Storage.	93
Baked goods internal temperatures	94

Introduction

BAKING AT HIGH ALTITUDES

Since most recipes are created for sea level, success at high altitudes may require adjustments in time, temperature, or ingredients. If you are new to Wyoming, you may wonder why cookies crumble or cakes fall. At 3,000 feet or more above sea level (which includes ALL of Wyoming), you get to blame the altitude!

At sea level, water boils at 212°F. Higher altitude means lower air pressure, which decreases the boiling temperature of water. With each 500-foot increase in elevation, the boiling point of water is lowered by just under 1°F. At 7,500 feet, for example, water boils at about 198°. This affects the internal structure of baked products.

GUIDELINES FOR SUCCESSFUL HIGH-ALTITUDE BAKING

- Use only ingredients listed in recipes. Substitutions, unless specifically indicated, can cause failures.
- Measure ingredients in standard measuring cups and spoons. For liquids, use a glass measuring cup with pouring lip. For dry ingredients and shortening, use a set of measuring cups.
- When directions call for sifted flour, sift before measuring. Presifted flour should also be sifted before measuring. Spoon sifted flour lightly into dry measuring cup and level off with straight-edged spatula.
- Pack brown sugar firmly into cup before leveling it off.
- When recipe calls for oil, use any food oil that can withstand baking temperatures, such as canola, soy, corn, sunflower, and safflower.

Abbreviations Used

- T = tablespoon
- tsp = teaspoon
- lb = pound
- oz = ounce
- pkg = package

ALTITUDES IN WYOMING

County or Entity	Town or Community	Altitude
3,000 feet		
Sheridan	Sheridan	3745
Big Horn	Basin	3870
Washakie	Worland	4061
Goshen	Torrington	4104
Hot Springs	Thermopolis	4326
Weston	Newcastle	4334
Campbell	Gillette	4544
Johnson	Buffalo	4645
Platte	Wheatland	4733
Crook	Sundance	4750
Converse	Douglas	4815
5,000 feet		
Niobrara	Lusk	5015
Park	Cody	5016
Natrona	Casper	5123
Fremont	Lander	5357
Wind River Reservation	Ethete Ft. Washakie	5354 5571
Laramie	Cheyenne	6062
Sweetwater	Green River	6100
Teton	Jackson	6209
Uinta	Evanston	6748
Carbon	Rawlins	6755
Lincoln	Kemmerer	6927
7,000 feet		
Albany	Laramie	7165
Sublette	Pinedale	7175
Yellowstone National Park	Grant Village	7825

- When creaming fats and sugars, beat until light and fluffy. It is easy to over-cream the mixture. This results in lower-volume baked goods.
- Measure liquids by placing cup on level surface. Be sure to read level of liquid through side of cup.
- Use double-acting baking powder.
- Use large eggs.
- Read all directions carefully before starting. Follow them step by step.
- Use correct pan size pan. Measure pans across top from one inside edge to opposite inside edge.
- Bake at correct temperature. Check thermostat with oven thermometer. A 25-degree variation in baking temperature may cause an inferior product.
- Preheat oven while mixing.
- Bake on the center rack of the oven unless stated otherwise.
- Use cooling racks while the baked product cools to avoid sogginess.

HOW LOWER AIR PRESSURE AFFECTS BAKING

Lower air pressure affects baked goods two main ways: they lose moisture more quickly and rise more easily.

Liquids evaporate faster because water boils at lower temperatures. Quicker evaporation can also make baked goods more prone to sticking as sugar becomes more concentrated. And some cakes won't set, or by the time they do, they are dry and crumbly.

Leavening gases in breads and cakes expand more rapidly. Leavening occurs faster, and gas bubbles tend to group into large, irregular pockets in a batter or dough. This can create a coarse-textured cake. Also, the pressure within rising batter can build, stretching cell walls and causing them to burst. The collapse of cell walls means the cake falls.

Problems usually can be corrected by adjusting baking temperature and one or more key ingredient, including baking powder, baking soda, sugar, liquid, or fat. Make only one adjustment at a time.

In general, to reinforce cell walls, decrease sugar and fat (the tenderizers) and increase eggs and flour (the strengtheners). Reducing leavening agents (baking powder, baking soda, etc.) can relieve pressure within the cells.

For cake mixes and other mixes for baked goods, check the package or manufacturer's website for specific directions.

Cakes

Have you ever baked a cake only to come up with a big "why" in your mind? Why didn't it turn out the way I pictured it?

How can you prevent a failure? You cannot always. Accept the fact that you may not be able to make a perfect cake every time. We baked hundreds of cakes to test the recipes in this booklet and found that the slightest change in ingredients, mixing, pan size, or baking temperature can cause a complete failure. Only by following directions carefully can you be reasonably sure of a good product.

With a little practice you can expect top-quality cakes every time.

Here is what it takes ...

- Use recipes adjusted for the altitude in which you live. We tested these recipes at 5,000 and 7,000 feet.
- Use the ingredients listed in the recipe. Substitutions, unless specifically indicated, can cause failure. Use cake flour unless the recipe calls for all-purpose flour.
- Use proper mixing methods as given in the recipe. Unless otherwise indicated, these recipes were tested using stand and hand-mixers. Add each ingredient in the order called for and watch the clock or count when beating. When mixing by hand, use a wooden spoon.
- Use equipment as called for in the recipe.
- Place pans at least one inch away from oven sides and not touching each other. If using three pans, place one on the lower rack so it is not directly under either of the pans above.
- Bake until the surface springs back when lightly pressed. An under-baked cake may stick to the pan. Remove the cake from the oven as soon as it tests as being done. Overbaking causes dryness.

Preheat oven: 375°F

Pan: Three 8 x 1½-inch rounds

Special instructions:
Cut parchment paper to fit bottoms of pans. Butter the tops of the papers and place into pans. Smooth out any wrinkles so the paper lies flat.

Ingredients

3 cups sifted cake flour

1¾ tsp baking powder

1 cup unsalted butter, softened

1½ cup sugar

2 tsp vanilla

4 egg yolks

1¼ cups milk

4 egg whites

YELLOW CAKE

- 1 Sift flour, then measure. Add the baking powder to the flour and sift together three times. Set aside.
- 2 Cream the butter and sugar.
- 3 Blend in the vanilla
- 4 Add egg yolks, one at a time, blending thoroughly after each.
- 5 Add the flour mixture and the milk, alternately, beginning and ending with the flour mixture. Mix after each addition at the lowest speed until just blended. Beat one minute at medium speed after the last addition of flour.
- 6 Beat the egg whites until they begin to hold a soft peak. Fold into the batter.
- 7 Pour batter into pans, distributing it equally.
- 8 Bake at 375°F for about 30 minutes or until the top of the cake springs back when lightly pressed.
- 9 Remove from oven. Immediately loosen cake layers from the sides of the cake pans by running a thin spatula around the edges.
- 10 Turn out the layers onto cooling racks, and remove the parchment paper.
- 11 Cool completely and frost as desired.
- 12 Store covered.

Preheat oven: 375°F

Pan: Two 8 x 1½-inch rounds, or one 9 x 13 x 2-inch

Special instructions: Oil the bottoms, but not the sides, of the pans.

Ingredients

2 cups sifted cake flour

¼ tsp salt

1 cup plus 2 T sugar

¼ cup oil

¾ cup plus 2 T milk

2 eggs

2 tsp vanilla

1¼ tsp baking powder

QUICK YELLOW CAKE

- 1 Sift the flour, then measure. Add the salt and sugar to the flour and sift into the mixing bowl.
- 2 Add the oil, milk, eggs, and vanilla. Mix gently until the flour is dampened. Beat 2 minutes on high speed.
- 3 Sprinkle the baking powder over the batter and beat 1 minute more on high speed.
- 4 Pour batter into prepared pans.
- 5 Bake at 375°F for 25 to 30 minutes or until the top of the cake springs back when lightly pressed.
- 6 Remove from oven. Immediately loosen cake layers from the sides of the cake pans by running a thin spatula around the edges.
- 7 Turn out layers onto cooling racks.
- 8 Cool completely and frost as desired.
- 9 Store covered.



Preheat oven: 350°F

Pan: 9¼ x 5¼ x
3¾-inch loaf pan

Special instructions:
Cut parchment paper to fit the bottom of the pan. Oil the top of the paper and place into the pan. Smooth out any wrinkles so the paper lies flat. Do not oil the sides of the pan.

Ingredients

2 cups sifted cake flour
1 cup minus 2 T sugar
1½ tsp baking powder
½ tsp salt
¼ cup oil
5 egg yolks
¾ cup milk, divided
1 tsp vanilla
1 tsp lemon extract

Optional

Powdered sugar for dusting cake top.

GOLDEN LOAF CAKE

- 1 Sift the flour, then measure. Add the sugar, baking powder, and salt to the flour.
- 2 Add the oil, egg yolks, and only ½ cup milk. Mix until flour is dampened, then beat 3 minutes.
- 3 Add the remaining milk, vanilla, and lemon extract. Beat one minute at medium speed.
- 4 Pour batter into the prepared pan.
- 5 Bake at 350°F for about 40 to 50 minutes.
- 6 Remove from oven. Immediately loosen the edges of the cake by running a thin spatula around the pan.
- 7 Turn out the cake onto cooling rack, and remove the parchment paper.
- 8 Cool completely.
- 9 Optional: Dust with powdered sugar.
- 10 Store covered.



Preheat oven: 350° F

Pan: Two 9 x 1½-inch rounds or three 8 x 1½-inch rounds

Special instructions: Cut parchment paper to fit bottoms of pans. Butter the tops of the papers and place into pans. Smooth out any wrinkles so the paper lies flat. Do not butter the sides of the pans.

Ingredients

3 cups sifted cake flour

¾ tsp baking powder

¼ cup unsalted butter, softened

1½ cup sugar

2 tsp vanilla

1 cup plus 2 T cold water

8 egg whites

Note

Pictured with tinted vanilla frosting.

WHITE CAKE

- 1 Sift flour, then measure. Add the baking powder to the flour and sift three times. Set aside.
- 2 Beat the butter to soften. Add sugar gradually and cream together until light and fluffy.
- 3 Blend in the vanilla.
- 4 Alternately add the flour mixture and cold water, beginning and ending with the flour. Mix after each addition at the lowest speed until just blended. Beat one minute at medium speed after the last addition of flour.
- 5 Beat the egg whites until they begin to hold a soft peak. Fold into the batter.
- 6 Pour batter into pans, distributing it equally.
- 7 Bake at 350°F for about 30 minutes or until the top of the cake springs back when lightly pressed.
- 8 Remove from oven. Immediately loosen cake layers from the sides of the cake pans by running a thin spatula around the edges.
- 9 Turn out the layers onto cooling racks, and remove the parchment paper.
- 10 Cool completely and frost as desired.
- 11 Store covered.



Preheat oven: 350°F

Pan: Two 9 x 1½-inch rounds or three 8 x 1½-inch rounds or 10-inch tube pan

Special instructions: Cut parchment paper to fit bottoms of pans. Butter the tops of the papers and place into pans. Smooth out any wrinkles so the paper lies flat. Do not butter the sides of the pans.

Cake Ingredients

¼ lb (4 oz) German chocolate (sweet cooking chocolate)

¼ cup boiling water

2¾ cup sifted cake flour

¾ tsp baking soda

½ tsp salt

¾ cup unsalted butter, softened

1½ cup sugar

4 egg yolks

1 tsp vanilla

1 cup buttermilk

4 egg whites

Note

Pictured with chocolate glaze and sprinkles.

Or try Coconut-Pecan Frosting, page 30.

SWEET CHOCOLATE CAKE

- 1 Melt chocolate in the boiling water. Cool.
- 2 Sift flour, then measure. Add the baking soda and salt to the flour and sift two times. Set aside.
- 3 Cream the oil and sugar.
- 4 Add the egg yolks one at a time, beating after each.
- 5 Blend in the vanilla and melted chocolate.
- 6 Add flour and buttermilk alternately, beginning and ending with the flour. Mix after each addition at the lowest speed until just blended.
- 7 Beat the egg whites until they begin to hold a soft peak. Fold egg whites into the batter.
- 8 Pour batter into pans, distributing it equally.
- 9 Bake at 350°F for about 40 minutes or until the top of the cake springs back when lightly pressed.
- 10 Remove from oven. Immediately loosen cake layers from the sides of the cake pans by running a thin spatula around the edges.
- 11 Turn out the layers onto cooling racks, and remove the parchment paper.
- 12 Cool completely and frost as desired.
- 13 Store covered.

Preheat oven: 350°F

Pan: Two 9 x 1½-inch rounds

Special instructions:
Cut parchment paper to fit bottoms of pans. Butter the tops of the papers and place into pans. Smooth out any wrinkles so the paper lies flat. Do not oil the sides of the pans.

Ingredients

2 cup sifted cake flour

6 T oil

1½ cup sugar, divided

4 egg yolks

2 tsp vanilla

1 cup milk

2 oz unsweetened chocolate, melted

4 egg whites

¼ cup sugar

CHOCOLATE FUDGE CAKE

- 1 Sift flour, then measure. Set aside.
- 2 Cream the oil and 1½ cup sugar.
- 3 Add the egg yolks, one at a time, beating after each.
- 4 Blend in the vanilla and melted chocolate.
- 5 Add the flour and milk alternately, beginning and ending with the flour. Beat until blended after each addition.
- 6 Beat egg whites until they form soft peaks. Add the ¼ cup sugar in two portions, beating after each until blended.
- 7 Fold beaten egg white mixture into the chocolate mixture until blended.
- 8 Pour batter into pans, distributing it equally.
- 9 Bake at 350°F for 40 to 45 minutes or until the top of the cake springs back when lightly pressed.
- 10 Remove from oven. Immediately loosen cake layers from the sides of the cake pans by running a thin spatula around the edges.
- 11 Turn out the layers onto cooling racks, and remove the parchment paper.
- 12 Cool completely and frost as desired.
- 13 Store covered.

Preheat oven: 375°F

Pan: One 9 x 12 x 2-inch

Special instructions:
Cut parchment paper to fit bottoms of pans. Butter the tops of the papers and place into pans. Smooth out any wrinkles so the paper lies flat. Do not oil the sides of the pans.

Ingredients

2½ cups sifted cake flour

¼ tsp salt

½ tsp baking soda

1 tsp cinnamon

1 tsp nutmeg

½ tsp cloves

¼ cup oil

¾ cup sugar

¾ cup brown sugar, firmly packed

12 egg yolks

¾ cup plus 2 T buttermilk

EGG YOLK SPICE CAKE

- 1 Sift flour, then measure. Add salt, baking soda and spices to flour and sift together twice. Set aside.
- 2 Combine the sugars with the oil.
- 3 Beat the yolks until very thick and a light-yellow color.
- 4 Add the egg yolks to the sugar mixture and stir until blended.
- 5 Add the flour mixture and the buttermilk alternately, beginning and ending with the flour. Stir about 15 seconds, just to blend, after each addition.
- 6 Pour batter into pans, distributing it equally.
- 7 Bake at 375°F for 35 minutes or until the top of the cake springs back when lightly pressed.
- 8 Remove from oven. Immediately loosen the cake layer from the sides of the cake pan by running a thin spatula around the edges.
- 9 Turn out the layers onto cooling racks, and remove the parchment paper.
- 10 Cool completely and frost as desired.
- 11 Store covered.



Preheat oven: 350°F

Pan: Two 9 x 1½-inch rounds

Special instructions:
Cut parchment paper to fit bottoms of pans. Butter the tops of the papers and place into pans. Smooth out any wrinkles so the paper lies flat. Do not butter the sides of the pans.

Ingredients

¾ cup unsalted butter, softened

2½ cup sifted cake flour

¾ tsp baking powder

½ tsp baking soda

¼ tsp salt

1 tsp cinnamon

½ tsp cloves

½ tsp nutmeg

1 cup minus 2 T sugar

½ cup dark brown sugar, firmly packed

1 cup buttermilk, divided

3 eggs

SPICE CAKE

- 1 Sift flour, then measure. Add the baking powder, baking soda, salt, spices and sugar to the flour and sift over the butter.
- 2 Add the brown sugar and ¾ cup of the buttermilk. Mix until the flour is dampened. Beat 2 minutes at medium speed.
- 3 Add the eggs and remaining buttermilk. Stir until blended. Beat 2 minutes at medium speed.
- 4 Pour batter into pans, distributing it equally.
- 5 Bake at 350°F for 30 to 35 minutes or until the top of the cake springs back when lightly pressed.
- 6 Remove from oven. Immediately loosen cake layers from the sides of the cake pans by running a thin spatula around the edges.
- 7 Turn out the layers onto cooling racks, and remove the parchment paper.
- 8 Cool completely and frost as desired.
- 9 Store covered.

Preheat oven: 350°F

Pan: 9 x 13 x 2-inch

Special instructions:
Cut parchment paper to fit the bottom of the pan. Oil the top of the paper and place into the pan. Do not oil the sides of the pan.

Ingredients

2 cups sifted,
all-purpose flour

1 tsp cinnamon

½ tsp cloves

½ tsp nutmeg

1 tsp baking soda

¼ tsp salt

1 cup sugar

¼ cup oil

1 cup applesauce

2 eggs

1 cup raisins

½ cup chopped
walnuts or pecans,
optional

5,000 feet

½ tsp baking powder

APPLESAUCE CAKE

- 1 Sift flour, then measure. Add spices, baking soda, salt, and sugar to the flour. Sift into the mixing bowl. *(For 5,000 feet, add ½ tsp baking powder, as well.)*
- 2 Add oil and applesauce and beat for 2 minutes at medium speed.
- 3 Add the eggs and beat 2 minutes at medium speed.
- 4 Fold in the raisins and nuts.
- 5 Pour batter into the prepared pan.
- 6 Bake at 350°F for 35 to 40 minutes or until the top of the cake springs back when lightly pressed.
- 7 Remove from the oven.
- 8 Place on a cooling rack.
- 9 Cool completely. No frosting necessary.
- 10 Store covered.

Preheat oven: 375°F

Pan: 9 x 13 x 2-inch

Special instructions:
Oil the bottom of the pan, but not the sides of the pan.

Yield: 24 servings

Ingredients

3 cups sifted
all-purpose flour
1 tsp baking soda
¼ tsp salt
1½ tsp ground ginger
¾ tsp cinnamon
¾ tsp cloves
¼ cup oil
½ cup sugar
2 eggs
1 cup dark molasses
1 cup hot water

GINGERBREAD

- 1 Sift the flour, then measure. Add the baking soda, salt, and spices to the flour and sift together twice. Set aside.
- 2 Cream sugar and oil.
- 3 Add eggs, one a time, to the sugar mixture and stir until blended.
- 4 Add the molasses and blend.
- 5 Add the flour and hot water alternately beginning and ending with the flour. Mix after each addition just until blended. Beat one minute at medium speed after the last addition of flour.
- 6 Pour batter into prepared pan.
- 7 Bake at 375°F for about 40 minutes or until the top of the gingerbread springs back when lightly pressed.
- 8 Allow to remain in the pan and cut into 24 squares.
- 9 Serve warm.
- 10 Store covered.

Nut-Topped Gingerbread

- Combine ¼ cup chopped nuts and ¼ cup brown sugar. Sprinkle over top of batter before baking.

Preheat oven: 375°F

Pan: 10-inch tube pan

Special instructions:
Use an UNGREASED pan. Move the bottom oven rack to lowest position and remove other oven racks from the oven.

Ingredients

1⅓ cup sifted cake flour

1½ cup sugar, divided

1¾ cup refrigerated egg whites (about 14)

¼ tsp salt

1¾ tsp cream of tartar

1 tsp vanilla

½ tsp almond extract

ANGEL FOOD CAKE

- 1 Sift flour, then measure. Add the ½ cup of sugar to the flour and sift together three times. Set aside.
- 2 Remove the egg whites from the refrigerator. Place into a large bowl. Beat to the foamy stage.
- 3 Add the salt and cream of tartar. Beat until the egg whites begin to hold a soft peak. Do not overbeat. Otherwise the cake volume will be lower or the cake will fall.
- 4 Sprinkle the 1 cup of the sugar, ¼ cup at a time over the entire top of the egg white mixture. Fold each addition using a spatula or large spoon. The fold-over action will preserve the air that was incorporated into the egg whites. This step cannot be done in the mixer.
- 5 Lightly fold in the vanilla and almond extracts using about 10 fold-over strokes.
- 6 Sift about ¼ cup at a time of the flour–sugar mixture over the egg white mixture. Fold in using 12 to 15 fold-over strokes for each addition. Begin folding from the outer edge of the bowl and cut down through the mixture; lift, and fold over the center. Rotate the bowl and occasionally scrape the batter from the sides. Do not beat or stir. Fold a few additional strokes at the end. Be sure to scrape along the bottom of the bowl to blend in any unmixed flour.
- 7 Pour into the ungreased tube pan.
- 8 Place the pan onto the lowest rack of the oven.
- 9 Bake at 375° for 45 minutes or until the top of the cake springs back when lightly pressed.

- 10 Remove from the oven. Invert the pan onto a heat-safe, solid surface and let cool completely.
- 11 Set the pan upright and loosen the cake from the sides of the pan and the center tube using a thin utensil such as a spatula or a knife.
- 12 Gently remove the cake from the pan, taking care not to crush it. Place the cake upside-down on a plate tightly wrapped to prevent drying.
- 13 Store covered.

Preheat oven: 375°F

Pan: 10-inch tube

Special instructions:
Use an UNGREASED pan. Move the bottom oven rack to lowest position and remove other oven racks from the oven.

Ingredients

1¼ cup sifted cake flour

¼ tsp salt

¼ tsp baking powder

1 cup minus 2 T sugar

¾ cup egg whites
(about 6)

1¼ tsp cream of tartar

½ cup sugar

½ cup egg yolks (about 6)

¼ cup water

1 tsp vanilla

1 tsp lemon extract

SPONGE CAKE

- 1 Sift the flour, then measure. Add the salt, baking powder, and the 1 cup minus 2 T sugar and sift together into a small bowl. Set aside.
- 2 Beat the egg whites to the foamy stage. Add the cream of tartar. Beat until the egg whites begin to hold a soft peak. Do not overbeat. Otherwise the cake volume will be lower or the cake will fall.
- 3 Add ½ cup sugar gradually by sprinkling 2 T at a time over the egg white mixture. Beat after each addition. After the last addition of sugar, the mixture should form stiff peaks.
- 4 To the flour mixture, add the yolks, water, vanilla, and lemon extract. Mix until the flour is dampened. Then beat 2 to 3 minutes until this mixture is very thick. As this mixture thickens, it will mound slightly.
- 5 Pour yolk mixture into the beaten whites and fold in using a spatula or large spoon. Use about 30 to 40 fold-over strokes.
- 6 Pour batter into the ungreased tube pan. Use a thin utensil such as a knife making two or three circular strokes to cut gently through the batter. This removes any large air bubbles.
- 7 Bake at 375°F for about 35 to 40 minutes or until the top of the cake springs back when lightly pressed.
- 8 Remove from the oven. Invert the pan onto a heat-safe, solid surface and let cool completely.
- 9 Set the pan upright and loosen the cake from the sides of the pan and the center tube using a thin utensil such as a spatula or a knife.

- 10 Gently remove the cake from the pan, taking care not to crush it. Place the cake upside-down on a plate tightly wrapped to prevent drying.
- 11 Store covered.

Preheat oven: 350°F

Pan: 10-inch tube pan

Special instructions:
Use an UNGREASED pan. Move the bottom oven rack to lowest position and remove other oven racks from the oven.

Ingredients

1 cup boiling water

½ cup cocoa

1¾ cup sifted cake flour

2 cups minus 2 T sugar

1¼ tsp baking powder, divided

¼ tsp salt

½ cup oil

7 egg yolks

2 tsp vanilla

7 egg whites

½ tsp cream of tartar

COCOA CHIFFON CAKE

- 1 Mix the boiling water and cocoa; boil slowly for 2 minutes, stirring constantly.
- 2 Measure the cocoa mixture then stir in additional warm water to make 1 cup. Cool.
- 3 Sift flour, then measure. Add the sugar, the 1 tsp of baking powder and the salt into the flour and sift into a large mixing bowl.
- 4 Make a well in the flour mixture and add the oil, unbeaten egg yolks, vanilla, and cooled cocoa mixture.
- 5 Stir about 300 strokes with a wooden spoon.
- 6 Beat the egg whites until the foamy stage. Add the cream of tartar and continue to beat until they begin to peak. Add the ¼ tsp baking powder and beat until stiff peaks are formed.
- 7 Fold the flour mixture into the beaten egg whites in 6 or 7 portions. Gently fold using a spatula or large spoon. The fold-over action will preserve the air that was incorporated into the egg whites. This step cannot be done in the mixer. Fold in using 12 to 15 fold-over strokes for each addition. Begin folding from the outer edge of the bowl and cut down through the mixture; lift, and fold over the center. Rotate the bowl and occasionally scrape the batter from the sides. Do not beat or stir. Fold a few additional strokes at the end. Be sure to scrape along the bottom of the bowl to blend in any unmixed flour.
- 8 Pour the batter into the ungreased tube pan.

- 9 Bake at 350°F for 1 hour 15 minutes to 1 hour 20 minutes, or until the top of the cake springs back when lightly pressed.
- 10 Remove from the oven. Invert the pan onto a heat-safe, solid surface and let cool completely.
- 11 Set the pan upright and loosen the cake from the sides of the pan and the center tube using a thin utensil such as a spatula or a knife.
- 12 Gently remove the cake from the pan, taking care not to crush it. Place the cake upside-down on a plate tightly wrapped to prevent drying.
- 13 Store covered.

Ingredients

- 1 cup evaporated milk
- 1 cup sugar
- 3 egg yolks, slightly beaten
- ½ cup unsalted butter
- 1 tsp vanilla
- 1⅓ cup flaked coconut
- 1 cup chopped pecans

COCONUT-PECAN FROSTING

- 1 Combine the evaporated milk, sugar, egg yolks, butter and vanilla in a saucepan.
- 2 Cook and stir over medium heat until thickened—about 12 minutes.
- 3 Remove from heat and stir in the coconut and pecans until thick and cool enough to spread.

Cookies

You will find recipes for three types of cookies.

Rolled Cookies. The dough is rolled out and cut with a cookie cutter.

Drop Cookies. The stiff batter is dropped onto a cookie sheet by dipping a spoon into the mixture and pushing it off with another spoon.

Bar Cookies. The batter is poured into a pan and baked, then cut into bars.

Preheat oven: 375°F

Pan: Cookie sheet

Special instructions:
Cut parchment paper to cover the cookie sheet. Move the oven rack to slightly above the middle of the oven.

Yield: 4 to 6 dozen cookies, depending upon the cutter size

Ingredients

2½ cup sifted all-purpose flour

1 tsp baking soda

1 tsp cream of tartar

¼ tsp salt

1½ cups powdered sugar

½ cup oil

1 egg

2 T milk

1 tsp vanilla

½ tsp almond extract

Optional

Chopped nuts, granulated or colored sugar, sprinkles

ROLLED COOKIES

- 1 Sift the flour, then measure. Add the baking soda, cream of tartar, salt and sugar. Sift into a large mixing bowl.
- 2 Pour the oil over the flour mixture and stir with a fork until a coarse mixture forms.
- 3 Combine the egg, milk, vanilla, and almond extract. Add to the flour mixture and blend thoroughly. Do not add extra liquid. Work the dough into a large ball.
- 4 Divide the dough into thirds. Roll each third on a lightly floured surface to ¼-inch thickness using a well-floured rolling pin or a rolling pin cover with a pastry cloth. Cut with cookie cutter and place onto the prepared cookie sheet.
- 5 Sprinkle with sugar, chopped nuts or sprinkles, optional.
- 6 Bake one pan at a time at 375°F for 8 to 10 minutes.
- 7 Remove the cookie sheet from the oven and place onto a cooling rack. Allow to set on the cookie sheet for about 5 minutes.
- 8 Remove the cookies from the cookie sheet and place onto a cooling rack. Cool completely.
- 9 Store in a tightly covered container.



Preheat oven: 375°F

Pan: Cookie sheet

Special instructions:
Cut parchment paper to cover the cookie sheet. Move the oven rack to slightly above the middle of the oven.

Yield: 3 dozen

Ingredients

1¼ cup sifted all-purpose flour
½ tsp baking soda
½ tsp salt
¼ cup oil
¼ cup plus 2 T sugar
¼ cup plus 1 T light brown sugar, packed
½ tsp vanilla
¼ tsp water
1 egg
1 cup chocolate chips (6 oz.)
1 cup chopped nuts, optional

CHOCOLATE CHIP COOKIES

- 1 Sift the flour, then measure. Add the baking soda and salt to the flour and sift together. Set aside.
- 2 Cream the oil, sugar and brown sugar until light and fluffy.
- 3 Add the vanilla, water, and egg to the sugar mixture and blend thoroughly.
- 4 Add the flour mixture and mix well.
- 5 Stir in the chocolate chips and nuts.
- 6 Drop by teaspoonfuls about 2 inches apart onto prepared cookie sheet.
- 7 Bake one pan at a time at 375°F for 8 to 10 minutes or until lightly browned.
- 8 Remove the cookie sheet from the oven and place onto a cooling rack. Allow cookies to set on the cookie sheet for about 5 minutes.
- 9 Remove the cookies from the cookie sheet and place onto a cooling rack. Cool completely.
- 10 Store in a tightly covered container.



Chocolate Drop Cookies

Preheat oven: 400°F

Pan: Cookie sheet

Special instructions:
Cut parchment paper to cover the cookie sheet. Move the oven rack to slightly above the middle of the oven.

Yield: 4 dozen 2-inch cookies

Ingredients

3 cups sifted all-purpose flour

1 T baking powder

¼ tsp salt

½ cup oil

1¼ cup light brown sugar, firmly packed

2 eggs

1 tsp vanilla

⅔ cup milk

VANILLA DROP COOKIES

- 1 Sift the flour, then measure. Add the baking powder and salt to the flour and sift together. Set aside.
- 2 Cream the oil and sugar.
- 3 Beat the eggs and add the vanilla. Add to the sugar mixture and mix thoroughly.
- 4 Add the flour mixture and milk, alternately, beginning and ending with the flour.
- 5 If making variations (see next page), follow the directions given for each.
- 6 Cover the dough and refrigerate the dough for 2 hours.
- 7 Drop by teaspoonfuls onto prepared cookie sheet.
- 8 Bake one cookie sheet at a time at 400°F for 6 to 10 minutes or until lightly browned.
- 9 Remove the cookie sheet from the oven and place onto a cooling rack. Allow to set on the cookie sheet for about 5 minutes.
- 10 Remove the cookies from the cookie sheet and place onto a cooling rack. Cool completely.
- 11 Store in a tightly covered container.

VARIATIONS

After the dough has been mixed, divide in half. **To each half**, stir in the ingredients to make one of the variations below. Chill and bake as the recipe recommends.

Chocolate

- 2 oz unsweetened chocolate, melted
- Optional: frost as desired or dust with powdered sugar

Cocoa

- 3 T cocoa
- Optional: frost as desired or dust with powdered sugar

Coconut

- 1 cup shredded coconut

Carrot

- $\frac{3}{4}$ cup cooked carrots, mashed
- 1 tsp lemon extract
- After baking and cooling, frost each cookie with **Orange Frosting**: 2 T orange juice, $\frac{1}{2}$ cup powdered sugar, and 1 tsp grated orange rind.

Lemon

- 1 tsp lemon extract
- 2 tsp grated lemon rind

Pecan crisps

- $\frac{1}{2}$ cup chopped pecans
- 2 cups corn flakes
- Bake for the recommended time. These will look soft, but become firm and crisp when cool.

Pineapple

- $\frac{2}{3}$ cup crushed pineapple, drained

Dried fruit

- $\frac{3}{4}$ cup chopped dried fruit
- $\frac{1}{2}$ cup nuts

Peanut butter

- $\frac{1}{2}$ cup peanut butter

Preheat oven: 400°F

Pan: Cookie sheet

Special instructions:
Cut parchment paper to cover the cookie sheet. Move the oven rack to slightly above the middle of the oven.

Yield: 10 dozen 2-inch cookies

Ingredients

3 cups sifted all-purpose flour
1 T baking powder
¼ tsp salt
¼ cup oil
1¼ cup brown sugar, firmly packed
2 eggs

Variation: Applesauce Spice Drop Cookies

After the dough has been mixed, divide in half. To each half stir in the ingredients to make the variation. Chill the dough and bake according to the recipe.

1/c cup applesauce
1 cup raisins
½ cup nuts
1 tsp cinnamon
¼ tsp nutmeg
¼ tsp cloves

BUTTERSCOTCH DROP COOKIES

- 1 Sift the flour, then measure. Add the baking powder and salt to the flour and sift together. Set aside.
- 2 Cream the oil and brown sugar until light and fluffy.
- 3 Beat the eggs. Add the vanilla to the eggs.
- 4 Combine the eggs with the sugar mixture. Mix thoroughly.
- 5 Add the flour mixture and milk, alternately, beginning and ending with the flour.
- 6 If making the Applesauce Spice variation, follow the directions given.
- 7 Cover the dough and refrigerate the dough for 2 hours.
- 8 Drop by teaspoonfuls onto prepared cookie sheet.
- 9 Bake one sheet at a time at 400°F for 6 to 10 minutes or until lightly browned.
- 10 Remove the cookie sheet from the oven and place onto a cooling rack. Allow cookies to set on the cookie sheet for about 5 minutes.
- 11 Remove the cookies from the cookie sheet and place onto a cooling rack. Cool completely.
- 12 Store in a tightly covered container.

Preheat oven: 300°F

Pan: Cookie sheet

Special instructions:
Cut parchment paper to cover the cookie sheet. Move the oven rack to slightly above the middle of the oven.

Yield: 3½ dozen cookies

Ingredients

3 egg whites

½ cup sugar

¾ cup light brown sugar, firmly packed

1 tsp vanilla

1 tsp white vinegar

½ cup chopped nuts, optional

Maple butter-cream frosting

4 T unsalted butter, softened

⅔ cup powdered sugar

½ tsp maple syrup

Blend the butter and sugar together until there are no lumps remaining.

Add the maple syrup and blend.

CREOLE KISSES

- 1 Place the egg whites in the bowl of a stand-type mixer. Beat to the stiff peak stage.
- 2 Gradually add the sugar, beating constantly. Then gradually add the brown sugar and beat thoroughly.
- 3 Add the vanilla and vinegar and beat to evenly distribute throughout the egg white mixture.
- 4 Remove the bowl from the mixer and fold in the nuts. Begin folding from the outer edge of the bowl and cut down through the mixture; lift, and fold over the center. Rotate the bowl and occasionally scrape the batter from the sides of the bowl. Do not beat or stir.
- 5 Begin dropping the batter by teaspoonfuls onto the prepared cookie sheets about 2 inches apart. Swirl the spoon to form a peak.
- 6 Bake on cookie sheet at a time at 300°F for 45 minutes. The cookies have expand and the surface will lose its gloss.
- 7 Remove the cookie sheet from the oven and place onto cooling racks and allow to slightly cool.
- 8 Carefully, remove the cookies from the paper and place onto a cooling racks. Cool completely.
- 9 Store in an uncovered container.
- 10 Frost lightly just before serving.

Preheat oven: 350°F

Pan: Cookie sheet

Special instructions:
Cut parchment paper to cover the cookie sheet. Move the oven rack to slightly above the middle of the oven.

Yield: 6 dozen cookies

Ingredients

3 eggs
¼ cup milk
1 cup raisins
1 tsp vanilla
½ cup oil
1 cup sugar
½ cup light brown sugar
3 cups sifted all-purpose flour
½ tsp salt
1 tsp baking soda
1 tsp cinnamon
2 cups oatmeal, quick-cooking
½ cups chopped nuts, optional

OATMEAL COOKIES (CRUNCHY)

- 1 Beat eggs well. Add the milk, raisins and vanilla to the beaten eggs and let the mixture stand to soften the raisins.
- 2 Cream the oil, sugar and brown sugar until light and fluffy.
- 3 Add the egg mixture, oatmeal, and nuts (if using) and mix.
- 4 Sift the flour, then measure. Add the salt, baking soda, and cinnamon, then add to the egg mixture. The dough will be stiff.
- 5 Form pieces of dough into one-inch balls and place 2 inches apart on the prepared cookie sheet.
- 6 Bake one cookie sheet at a time at 350°F for 12 to 15 minutes or until lightly browned.
- 7 Remove the cookie sheet from the oven and place onto a cooling rack. Allow to set on the cookie sheet for about 5 minutes.
- 8 Remove the cookies from the cookie sheet and place onto a cooling rack. Cool completely.
- 9 Store in a tightly covered container.



Preheat oven: 350°F

Pan: Cookie sheet

Special instructions:
Cut parchment paper to cover the cookie sheet. Move the oven rack to slightly above the middle of the oven.

Yield: 7 dozen 1½-inch cookies

Ingredients

2 cups sifted all-purpose flour
1 ⅓ cup sugar
¼ tsp salt
½ tsp baking soda
1 tsp cinnamon
½ tsp cloves
½ cup oil
2 eggs
⅔ cup buttermilk
2 cups oatmeal, quick-cooking
1 cup raisins, optional
1 cup chopped nuts, optional

OATMEAL COOKIES (SOFT)

- 1 Sift the flour, then measure add the sugar, salt, baking soda, cinnamon, and the cloves to the flour and sift into a large mixing bowl.
- 2 Pour the oil onto the flour mixture and stir with a fork until the mixture is crumbly.
- 3 Beat the eggs. Stir in the buttermilk.
- 4 Add the egg mixture to the flour mixture and blend thoroughly.
- 5 Add the oatmeal, raisins, and nuts (if using) to the dough and blend well.
- 6 Cover the dough and refrigerate for 2 hours.
- 7 Drop by level teaspoonfuls about 2 inches apart onto the prepared cookie sheet.
- 8 Place the cookie sheet onto the oven rack previously moved to slightly above the center of the oven.
- 9 Bake on cookie sheet at a time at 350°F for 10 to 12 minutes. These cookies are light in color without browned tops. Overbaking causes dryness.
- 10 Remove the cookie sheet from the oven and place onto a cooling rack. Allow the cookies to set on the cookie sheet for about 5 minutes.
- 11 Remove the cookies from the cookie sheet and place onto a cooling rack. Cool completely.
- 12 Store in a tightly covered container.

Preheat oven: 400°F

Pan: 10 x 15 x 1-inch (a jelly roll pan or a half-sheet pan would work)

Special instructions: Oil the bottom and sides of the pan. Move the oven rack to slightly above the middle of the oven.

Yield: 5 dozen
1 x 2-inch bars

Ingredients

2½ cup sifted
all-purpose flour

½ tsp baking soda

¼ tsp salt

½ tsp cinnamon

½ tsp nutmeg

⅓ cup oil

¾ cup sugar

2 eggs

2 oranges

½ orange juice

1 cup raisins

1½ dried fruit of your
choice

½ cup chopped nuts,
optional

Powdered sugar

FRUIT BARS

- 1 Sift the flour, then measure. Add the baking soda, salt, cinnamon and nutmeg; sift together. Set aside.
- 2 Cream the oil and sugar.
- 3 Add the eggs one at a time, beating thoroughly after each addition.
- 4 Grate the orange rind.
- 5 Blend the grated orange rind and orange juice with the sugar mixture.
- 6 Combine the flour with the sugar mixture and lightly mix.
- 7 Add the raisins, the dried fruit, and nuts (if using). Blend well.
- 8 Pour the batter into the prepared pan and spread evenly.
- 9 Bake at 400°F for 15 to 18 minutes or until lightly browned.
- 10 Remove the pan from the oven and place onto a cooling rack.
- 11 While warm, cut the bars.
- 12 Sprinkle with powdered sugar.
- 13 Cool completely.
- 14 Remove the cookie bars from the pan.
- 15 Store in a tightly covered container.

Preheat oven: 400°F

Pan: 10 x 15 x 1-inch (a jelly roll pan or a half-sheet pan would work)

Special instructions: Oil the bottom and sides of the pan. Move the oven rack to slightly above the middle of the oven.

Yield: 5 dozen
1 x 2-inch bars

Ingredients

2 cups coarsely grated apples

½ cup sugar

2½ cup sifted all-purpose flour

½ tsp baking soda

¼ tsp salt

½ tsp cinnamon

½ tsp nutmeg

⅓ cup oil

1 cup light brown sugar, firmly packed

2 eggs

2 oranges

½ orange juice

½ cup chopped nuts, optional

Powdered sugar

APPLE BARS

- 1 Grate the apples. Sprinkle with the ½ cup sugar. Set aside for 20 minutes.
- 2 Sift the flour, then measure. Add the baking soda, salt, cinnamon and nutmeg; sift together. Set aside.
- 3 Cream the oil and brown sugar.
- 4 Add the eggs one at a time, beating thoroughly after each addition.
- 5 Grate the orange rind.
- 6 Blend the grated orange rind and orange juice with the sugar mixture.
- 7 Combine the flour mixture with the sugar mixture and lightly mix.
- 8 Add the apples and nuts (if using). Blend well.
- 9 Pour the batter into the prepared pan and spread evenly.
- 10 Bake at 400°F for 15 to 18 minutes or until lightly browned.
- 11 Remove the pan from the oven and place onto a cooling rack.
- 12 While warm, cut the bars.
- 13 Sprinkle with powdered sugar.
- 14 Cool completely.
- 15 Remove the cookie bars from the pan.
- 16 Store in a tightly covered container.



Preheat oven: 350 °F

Pan: 9 x 13 x 2-inch

Special instructions: Oil the bottom and sides of the pan. Move the oven rack to slightly above the middle of the oven.

Yield: 24 bars

Ingredients

1 cup sifted all-purpose flour
½ tsp baking powder
⅛ salt
¼ cup oil
¾ cup sugar
1 oz unsweetened chocolate
3 eggs, separated
¼ cup milk
1 tsp vanilla
½ cup chopped nuts, optional

CAKE BROWNIES

- 1 Sift flour, then measure. Add baking powder and salt; sift together. Set aside.
- 2 Cream the oil and sugar.
- 3 Melt the chocolate
- 4 Stir the melted chocolate into the sugar mixture.
- 5 Add the egg yolks, milk, and vanilla to the sugar mixture and blend thoroughly.
- 6 Add the flour mixture in three portions, blending after each addition.
- 7 Add the nuts (if using) and stir until just mixed.
- 8 Beat the egg whites to the soft peak stage.
- 9 Fold the egg whites into the batter. Begin folding from the outer edge of the bowl and cut down through the mixture; lift, and fold over the center. Rotate the bowl and occasionally scrape the batter from the sides of the bowl. Do not beat or stir.
- 10 Carefully pour the batter into the prepared pan and spread evenly.
- 11 Bake at 350°F for 30 to 35 minutes or until the edges of the bars pull away from the pan.
- 12 Remove pan from the oven and place onto a cooling rack.
- 13 While warm, cut the bars.
- 14 Cool completely.
- 15 Remove the bars from the pan. Store in a tightly covered container.



Preheat oven: 350°F

Pan: 8 x 8 x 2-inch

Special instructions: Oil the bottom and sides of the pan. Move the oven rack to slightly above the middle of the oven.

Yield: 16 2-inch bars

Ingredients

¼ cup oil

2 oz unsweetened chocolate

⅔ cup sifted all-purpose flour

¼ tsp baking powder

⅛ tsp salt

2 eggs

1 cup sugar

1 tsp vanilla

½ cup chopped nuts, optional

FUDGE BROWNIES

- 1 Combine the oil and chocolate in the top of a double-boiler over simmering water until chocolate is melted. Cool.
- 2 Sift the flour, then measure. Add the baking powder and salt; sift together. Set aside.
- 3 Beat the eggs. Gradually add the sugar and beat together.
- 4 Add the cooled chocolate mixture to the sugar mixture.
- 5 Blend in the vanilla. Stir well.
- 6 Add the flour mixture and nuts to the sugar mixture. Stir well.
- 7 Pour the batter into the prepared pan and spread evenly.
- 8 Bake at 350°F for 30 to 35 minutes or until the bars pull away from the edges of the pan.
- 9 Remove pan from the oven and place onto a cooling rack.
- 10 While warm, cut the bars.
- 11 Cool completely.
- 12 Remove the bars from the pan.
- 13 Store in a tightly covered container.



Preheat oven: 375°F

Pan: 8 x 8 x 2-inch

Special instructions: Oil the bottom and sides of the pan. Move the oven rack to slightly above the middle of the oven.

Yield: 16 2-inch bars

Ingredients

$\frac{3}{4}$ cup sifted all-purpose flour

2 T oil

2 eggs

$\frac{3}{4}$ cup light brown sugar

1 tsp vanilla

$\frac{1}{2}$ cup chopped nuts, optional

BUTTERSCOTCH SQUARES

- 1 Sift the flour, then measure into a medium mixing bowl.
- 2 Add the oil to the flour and stir with a fork until the mixture crumbles.
- 3 Beat the eggs. Gradually add the brown sugar and vanilla. Beat well.
- 4 Add the sugar mixture to the flour mixture. Beat together. Do not over-mix.
- 5 Stir in the nuts (if using) just until blended.
- 6 Pour the batter into the prepared pan and spread evenly.
- 7 Bake at 375°F for 20 to 25 minutes or until the bars pull away from the edges of the pan.
- 8 Remove pan from the oven and place onto a cooling rack.
- 9 While warm, cut the bars.
- 10 Cool completely.
- 11 Remove the bars from the pan.
- 12 Store in a tightly covered container.

Quick Breads

Quick breads require much less time to prepare than yeast breads. Most quick breads are leavened by baking powder or baking soda or both. They contain no yeast.

Here is what it takes to make delicious quick breads every time:

- Use the ingredients listed in the recipe. Substitutions can cause problems such as toughness, dryness, or fallen breads.
- Use the proper mixing methods as given in the recipe. It is important not to overmix quick breads. That is what causes poor shape, tunnels, or poor texture.
- Use the equipment as called for in the recipe. For example, too large a pan can result in a thin, compact quick bread instead of a high, light, and moist bread.
- Use the correct temperature and baking times. Under baking causes a soggy center. Overbaking causes dryness.



Preheat oven: 425°F

Pan: 12 large

Special instructions:
Prepare the pan by oiling the bottoms of the muffin cups. Do not use a mixer.

Ingredients

2 cups sifted
all-purpose flour

½ tsp salt

2 tsp baking powder

¼ cup sugar

1 egg

1 cup milk

¼ cup oil

MUFFINS

- 1 Sift the flour, then measure. Add the salt, baking powder and the sugar. Set aside.
- 2 Beat the egg by hand until the foamy stage. Add the milk and oil.
- 3 Make a 'well' in the center of the flour. Add the egg mixture and stir just until the flour has been moistened. The batter will be lumpy.
- 4 Scoop the batter with a tablespoon. Using a second spoon, push the batter into the prepared pans, filling them two-thirds full. Hold the spoon close to the muffin cup but do not drop the batter into the cup.
- 5 Bake at 425°F for 20 to 25 minutes or until golden brown.
- 6 Serve warm.

VARIATIONS

Whole wheat. Substitute 1 cup unsifted whole wheat flour for 1 cup of the all-purpose flour.

Blueberry. Add 1 cup fresh blueberries to the egg mixture. Frozen blueberries may be used if they are thawed, then drained before adding to the egg mixture.

Orange. Substitute 1 cup orange juice for the 1 cup milk. Add 1 T grated orange rind to the flour mixture.

Pimento-pepper. Add ¼ cup chopped pimento and ¼ cup chopped green pepper to the egg mixture.



Preheat oven: 425°F

Pan: Cookie sheet

Special instructions:
Do not oil the pan. Do not sift the flour. Do not use a mixer.

Yield: 16 2-inch biscuits

Ingredients

2 cups all-purpose flour, unsifted

1 T baking powder

¼ tsp salt

⅓ cup oil

⅔ cup milk

BISCUITS

- 1 Combine flour, baking powder and the salt.
- 2 Blend in the oil by using a pastry blender to create small pieces the size of coarse corn meal.
- 3 Stir in enough milk to make a soft dough using a fork. Stir as little as possible
- 4 Place the dough onto a lightly floured surface and knead lightly about 8 to 10 times.
- 5 Roll out the dough until it is about ½-inch thick.
- 6 Cut into 2-inch rounds with a floured cutter
- 7 Place ½ inch apart on an ungreased pan.
- 8 Bake at 425°F for 8 to 10 minutes or until a light brown color.
- 9 Remove from the oven.
- 10 Serve warm or cold.

TRADITIONAL BISCUITS

- 1 Replace oil with ½ cup shortening.
- 2 Increase milk to ¾–1 cup.
- 3 Follow directions above.



Preheat oven: 425°F

Pan: Cookie sheet

Special instructions:
Do not oil the pan. Do not use a mixer.

Yield: 6

Ingredients

2 cups whole wheat flour

1¼ cup all-purpose flour

1 T baking powder

½ tsp salt

⅔ cup oil

1 cup milk

QUICK WHOLE WHEAT BISCUITS

- 1 Combine the flours, baking powder, and salt by sifting or stirring until well blended.
- 2 Add the oil and milk to the flour mixture, stirring until the dough forms a ball and leaves the sides of the bowl.
- 3 Turn dough onto a lightly floured surface and knead for 20 strokes.
- 4 Pat or roll the dough to ¾-inch thickness.
- 5 Cut into 2-inch rounds or squares.
- 6 Place onto an ungreased cookie sheet.
- 7 Bake at 425°F for 10 to 12 minutes.
- 8 Remove pan from the oven and place onto a cooling rack for a couple of minutes.
- 9 Best served warm.
- 10 Store covered at room temperature; may be frozen and reheated.



Preheat oven: 450°F

Pan: Cookie sheet

Special instructions:
Oil the bottom of the pan. These burn easily due to the high oven temperature and the milk brushed onto the top of the dough before baking. Do not use a mixer.

Ingredients

2 cups all-purpose flour

1 T baking powder

½ cup raisins

2 T sugar

¼ tsp salt

1 egg

⅔ to 1 cup milk

⅓ cup oil

2 T milk

Glaze

1¼ powdered sugar

2–4 T milk

Stir together until smooth. Add additional milk as needed until glaze is appropriate consistency.

HIGH COUNTRY SCONES

- 1 Stir the flour, baking powder, raisins, sugar, and salt together.
- 2 Place the egg into a measuring cup. Add enough milk to make 1 cup total of a liquid mixture.
- 3 Blend the flour mixture, the liquid mixture and the oil until a soft dough is formed.
- 4 Turn out the dough onto a lightly floured surface.
- 5 Roll to ½-inch thickness, then cut into triangles to make the scone shape.
- 6 Place scones on cookie sheet.
- 7 Carefully brush the scones lightly with the 2 T milk. Avoid splashing milk on the cookie sheet.
- 8 Bake at 450°F for 12 to 15 minutes.
- 9 Remove from the oven.
- 10 Carefully remove the scones from the pan to a cooling rack.
- 11 Optional: When cool, drizzle with powdered sugar glaze.



Preheated griddle:
400°F

Yield: 8 5-inch or
14 3-inch

Ingredients

2¼ cups sifted
all-purpose flour

2 tsp baking powder

1 tsp salt

2 eggs

¼ cup sugar

1¾ cup milk (1/4
cup more for thinner
pancakes)

¼ cup oil

¼ tsp vanilla, if desired

PANCAKES

- 1 Sift the flour then measure. Add baking powder and salt to flour and sift into a medium mixing bowl. Set aside.
- 2 Beat the eggs until the foamy stage. Add the sugar and beat a few seconds. Stir in the milk and oil.
- 3 Pour the egg mixture into the flour mixture. Stir just enough to moisten the flour mixture.
- 4 Pour ¼ cup batter onto the griddle. When the top of the pancake is well covered with bursting bubbles, turn the pancake.
- 5 Turn only once.
- 6 Serve hot.



Preheat: Waffle iron

Yield: 4

Ingredients

2 cups sifted
all-purpose flour

3 tsp baking powder

¼ tsp salt

2 T sugar

2 eggs, separated

1¾ cup milk

⅓ cup oil

WAFFLES

- 1 Sift the flour, then measure. Add the baking powder, salt, and sugar to the flour and sift into a medium-sized mixing bowl. Set aside.
- 2 Combine the egg yolks, milk, and oil. Pour into the flour and stir just until the flour mixture is moistened.
- 3 Beat the egg whites to the stiff peak stage. Egg whites should be moist and glossy. Fold the egg whites into the flour mixture.
- 4 Bake 4 to 5 minutes in a hot waffle iron.
- 5 Serve hot.

VARIATIONS:

Deluxe waffles

- Increase the sugar to 3 T, eggs to 4, and oil to ½ cup

Belgian waffles (pictured)

- Bake in Belgian waffle iron following manufacturer's directions.



Preheat oven: 425°F

Pan: 8 x 8 x 2-inch

Special instructions:
Oil the bottom of the pan but not the sides.

Ingredients

1 $\frac{1}{3}$ cup cornmeal

$\frac{1}{3}$ cup unsifted
all-purpose flour

$\frac{3}{4}$ tsp baking powder

$\frac{1}{4}$ tsp baking soda

$\frac{1}{4}$ tsp salt

1 T sugar

1 egg

$\frac{3}{4}$ cup buttermilk

2 T oil

SOUTHERN CORN BREAD

- 1 Sift the cornmeal, flour, baking powder, baking soda, salt and the sugar together into a medium-sized mixing bowl. Set aside.
- 2 In a small bowl, beat the egg well using a fork. Stir in the buttermilk and the oil.
- 3 Pour the egg mixture into the cornmeal mixture. Stir with a fork until the cornmeal mixture is just moistened.
- 4 Quickly pour the batter into the prepared pan. Spread evenly.
- 5 Bake at 425°F for about 25 minutes or until golden brown.
- 6 Cut into squares.
- 7 Serve hot.

Preheat oven: 425°F

Pan: 8 x 8 x 2-inch

Special instructions:
Oil the bottom of the pan but not the sides

Ingredients

1¼ cup sifted
all-purpose flour

¾ cup yellow cornmeal

2 T sugar

3 tsp baking powder

½ tsp salt

1 egg

⅔ cup milk

⅓ cup oil

CORN BREAD

- 1 Sift the flour, then measure. Add the cornmeal, sugar, baking powder and salt to the flour and sift into a medium-sized mixing bowl. Set aside.
- 2 In a small bowl, beat the egg well with a fork. Stir in the milk and oil.
- 3 Pour the egg mixture into the flour mixture. Stir with a fork until the flour is just moistened.
- 4 Quickly pour the batter into the prepared pan. Spread evenly.
- 5 Bake at 425°F for 25 to 30 minutes or until golden brown.
- 6 Cut into squares.
- 7 Serve hot.





Preheat oven: 375°F

Pan: 9 x 9 x 2-inch

Special instructions:
Butter the bottom of
the pan, but not the
sides.

Yield: 9 servings

Ingredients

Topping

½ cup sugar

⅓ cup unsifted
all-purpose flour

½ tsp cinnamon

¼ cup butter, softened

Batter

2 cups sifted
all-purpose flour

½ cup sugar

2½ tsp baking powder

⅛ tsp salt

2 eggs

½ cup milk

¼ cup oil

1½ cup blueberries
(fresh or frozen)

BLUEBERRY COFFEE CAKE

Topping

- 1 Mix together the sugar, flour and cinnamon.
- 2 Blend in the butter.
- 3 Set aside until the batter is mixed.

Batter

- 1 Sift the flour, then measure. Add the sugar, baking powder, and salt to the flour and sift into a medium-sized mixing bowl. Set aside.
- 2 Beat the eggs until foamy. Add the milk and oil and beat together.
- 3 Pour the egg mixture over the flour mixture and stir until just blended.
- 4 Pour batter into the prepared pan. Sprinkle the blueberries over the top of the batter.
- 5 Sprinkle with the topping.
- 6 Bake at 375°F for 45 to 50 minutes.
- 7 Remove from the oven and place onto a cooling rack.
- 8 Serve warm.



Preheat oven: 400°F

Pan: 8 x 8 x 2-inch

Special instructions:
Butter the bottom of the pan but not the sides.

Ingredients

Topping

½ cup light brown sugar, firmly packed

2 T flour

2 tsp cinnamon

½ cup chopped nuts

2 T unsalted butter, softened

Mix together the sugar, flour, cinnamon, and the nuts.

Blend in the butter. Set aside until the batter is mixed.

Batter

1½ cup sifted all-purpose flour

1 tsp baking powder

⅛ tsp salt

¾ cup sugar

2 T oil

2 eggs

½ cup milk

1 tsp vanilla

CINNAMON-NUT COFFEE CAKE

- 1 Sift the flour, then measure. Add the baking powder, salt, and sugar to the flour and sift into a medium mixing bowl. Add the oil and stir with a fork until the mixture crumbles. Set aside.
- 2 Beat the eggs until they are foamy. Stir in the milk and the vanilla.
- 3 Add the egg mixture to the flour mixture and blend.
- 4 Pour one-half of the batter into the prepared pan. Spread evenly over the bottom of the pan.
- 5 Sprinkle with one-half of the topping
- 6 Pour remaining batter into the pan and sprinkle the other half of the topping.
- 7 Bake at 400°F for 30 to 35 minutes.
- 8 Remove from the oven and place onto a cooling rack.
- 9 Serve warm.

Preheat oven: 400°F

Pan: 8 x 8 x 2-inch

Special instructions:
Butter the bottom of the pan, but not the sides

Yield: 9 servings

Ingredients

Topping

½ cup sugar

2 tsp cinnamon

2 T butter, softened

Mix the sugar and cinnamon

Blend in the butter. Set aside until the batter is mixed.

Batter

2 medium apples

1½ cup sifted all-purpose flour

1 tsp baking powder

⅛ tsp salt

¾ cup sugar

2 T oil

2 eggs

½ cup milk

1 tsp vanilla

APPLE COFFEE CAKE

- 1 Core, peel, and dice the apples. Set aside.
- 2 Sift the flour, then measure. Add the baking powder, salt, and sugar to the flour and sift into a medium mixing bowl. Add the oil and stir with a fork until the mixture crumbles.
- 3 Beat the eggs until foamy. Stir in the milk and the vanilla.
- 4 Add the egg mixture to the flour mixture and blend.
- 5 Pour one-half of the batter into the prepared pan.
- 6 Evenly spread the apples onto the batter. Sprinkle with one-half of the topping.
- 7 Pour the remaining batter into the pan and sprinkle with the remaining Topping.
- 8 Bake at 400°F for 35 to 40 minutes.
- 9 Remove from the oven and place onto a cooling rack.
- 10 Serve warm.

Preheat oven: 350°F

Pan: 9 ½ x 5 ¼ x
2¾-inch loaf pan

Special instructions:
Oil the bottom and
sides of the pan; cut
parchment paper to fit
the bottom of the pan,
then oil the paper.

Ingredients

1½ cup sifted
all-purpose flour
1 tsp baking powder
¼ tsp salt
¾ cup sugar
¼ cup oil
½ cups chopped nuts
2 eggs
½ cup milk

NUT BREAD

- 1 Sift flour, then measure. Add the baking powder, salt, and sugar to the flour and sift into a medium-sized mixing bowl.
- 2 Add the oil and stir with a fork until the mixture is coarsely distributed
- 3 Stir in the nuts, set aside.
- 4 Beat the eggs until foamy. Add the milk and blend together.
- 5 Add the egg mixture to the flour mixture. Mix just until blended.
- 6 Pour batter into the prepared pan, evenly distributing it.
- 7 Bake at 350°F for 45 to 60 minutes.
- 8 Remove the pan from the oven. Immediately loosen the bread from the edge of the pan using a thin spatula.
- 9 Remove the bread from the pan and place onto a cooling rack. Remove the paper. Cool completely.
- 10 Store covered.



Preheat oven: 350°F

Pan: 9 ½ x 5 ¼ x
2¾-inch loaf pan

Special instructions:
Oil the bottom and
sides of the pan; cut
parchment paper to fit
the bottom of the pan.
Oil the paper and place
into the pan.

Ingredients

2 cups sifted
all-purpose

1 tsp baking soda

¼ tsp salt

½ chopped nuts

¼ cup oil

¾ cup sugar

2 cups ripe bananas,
mashed

2 eggs

BANANA BREAD

- 1 Sift the flour, then measure. Add the baking soda and salt to the flour and sift together.
- 2 Stir the nuts into the flour mixture. Set aside
- 3 Cream the oil and sugar.
- 4 Beat the eggs until foamy. Add the eggs and bananas to the sugar mixture and blend.
- 5 Add the flour mixture to the egg mixture in three additions. Mix after each addition until blended.
- 6 Pour the batter into the prepared pan.
- 7 Bake at 350°F for about 45 to 60 minutes or until the edges pull away from the sides of the pan.
- 8 Remove the pan from the oven. Immediately loosen the bread from the sides of the pans by using a thin spatula.
- 9 Remove the bread from the pan and place onto a cooling rack. Remove the paper. Cool completely.
- 10 Store covered.

Preheat oven: 350°F

Pan: 9 ½ x 5 ¼ x
2¾-inch loaf pan

Special instructions:
Oil the bottom and sides of the pan; cut parchment paper to fit the bottom of the pan. Oil the paper and place into the pan.

Ingredients

½ pound pitted dates,
finely cut

2 T butter

¾ cup boiling water

1¾ cup sifted
all-purpose flour

¼ tsp salt

1 tsp baking soda

½ cup sugar

1 cup shredded mild
cheddar cheese (1/4 lb)

¾ cup chopped
walnuts

2 eggs

DATE-NUT CHEDDAR CHEESE LOAF

- 1 Place dates into a large mixing bowl. Add the butter.
- 2 Pour the boiling water over the date mixture. Let stand about 5 minutes or until the butter is melted and the mixture has cooled.
- 3 Sift the flour, then measure. Add the salt, baking soda, and sugar. Sift into a medium mixing bowl.
- 4 Combine the cheese and the nuts. Add to the flour mixture.
- 5 Beat the eggs until foamy. Pour the eggs onto the date mixture.
- 6 Add the flour mixture and stir only until blended.
- 7 Pour the batter into the prepared line.
- 8 Bake at 350°F for 50 to 60 minutes or until the edges pull away from the sides of the pan.
- 9 Remove the pan from the oven. Immediately loosen the bread from the sides of the pans by using a thin spatula.
- 10 Remove the bread from the pan and place onto a cooling rack. Remove the paper. Cool completely.
- 11 Store covered.

Preheat oven: 375°F

Pan: 9 ½ x 5 ¼ x
2¾-inch loaf pan

Special instructions:
Oil the bottom and
sides of the pan; cut
parchment paper to fit
the bottom of the pan.
Oil the paper and place
into the pan.

Ingredients

1½ cups sifted
all-purpose flour
¾ tsp baking soda
½ tsp baking powder
¼ tsp salt
½ cup sugar
2 T oil
½ cup chopped nuts,
optional
2 eggs
½ cup prune juice
⅔ cup prunes, finely
cut

PRUNE BREAD

- 1 Sift flour, then measure. Add the baking soda, baking powder, salt, and sugar to the flour and sift into a medium mixing bowl.
- 2 Pour the oil over the flour mixture and stir with a fork until the mixture is crumbly.
- 3 Mix in the nuts (if using). Set aside.
- 4 Beat the eggs until foamy. Blend in the prune juice and the prunes
- 5 Add the egg mixture to the flour mixture and stir just until blended.
- 6 Pour the batter into the prepared pan.
- 7 Bake at 375°F until the edges pull away from the sides of the pan.
- 8 Remove the pan from the oven. Immediately loosen the bread from the sides of the pans by using a thin spatula.
- 9 Remove the bread from the pan and place onto a cooling rack. Remove the paper. Cool completely.
- 10 Store covered.



Preheat oven: 375°F

Pan: 9 ½ x 5 ¼ x
2¾-inch loaf pan

Special instructions:
Oil the bottom and
sides of the pan; cut
parchment paper to fit
the bottom of the pan,
then oil the paper.

Ingredients

2¼ cup sifted
all-purpose flour

2 tsp baking powder

⅛ tsp salt

½ cup chopped nuts,
optional

¼ cup oil

¾ cup sugar

2 eggs

½ cup maraschino
cherries, cut into
fourths

¼ cup maraschino
cherry juice

¼ cup water

¼ tsp almond extract

CHERRY BREAD

- 1 Sift the flour, then measure. Add the baking powder and salt to the flour and sift together.
- 2 Stir the nuts (if using) into the flour. Set aside.
- 3 Cream the oil and sugar.
- 4 Beat the eggs until foamy. Blend into the sugar mixture and stir in the cherries.
- 5 Mix the cherry juice, water, and almond extract.
- 6 Add the flour mixture and cherry juice mixture alternately to the sugar mixture in three additions. Begin with the flour mixture.
- 7 Stir just to blend after each addition.
- 8 Pour the batter into the prepared pan.
- 9 Bake at 375°F for 45 to 60 minutes or until the edges of the bread pull away from sides of the pan.
- 10 Remove the pan from the oven and immediately loosen the bread from the sides of the pan using a thin spatula.
- 11 Remove the bread from the pan and place onto a cooling rack. Remove the paper.
- 12 Best served warm.
- 13 Store covered.



Preheat oven: 375°F

Pan: 9 ½ x 5 ¼ x
2¾-inch loaf pan

Special instructions:
Oil the bottom and
sides of the pan; cut
parchment paper to fit
the bottom of the pan.
Oil the paper and place
into the pan.

Ingredients

1½ cup sifted
all-purpose flour

1 tsp baking powder

⅛ tsp salt

¾ cup sugar

¼ cup oil

½ cup chopped nuts

2 eggs

½ cup milk

Grated rind of one
lemon

LEMON BREAD

- 1 Sift the flour, then measure. Add the baking powder, salt, and sugar to the flour and sift into a medium-sized mixing bowl.
- 2 Add the oil and nuts to the flour mixture and set aside.
- 3 Beat the eggs until foamy. Add the milk and blend together.
- 4 Add the egg mixture and the grated rind to the flour mixture. Mix just until just blended.
- 5 Pour the batter into the prepared pan.
- 6 Bake at 375°F for 45 to 60 minutes or until the edges of the bread pull away from sides of the pan.
- 7 Remove the pan from the oven. Immediately loosen the bread from the sides by using a thin spatula.
- 8 Remove the bread from the pan and place onto a cooling rack. Remove the paper. Cool completely.
- 9 Store covered.



Preheat oven: 375°F

Pan: 9 ½ x 5 ¼ x
2¾-inch loaf pan

Special instructions:
Oil the bottom and
sides of the pan; cut
parchment paper to fit
the bottom of the pan.
Oil the paper and place
into the pan.

Ingredients

3 cups sifted
all-purpose flour

4 tsp baking powder

¼ tsp salt

⅓ cup sugar

¼ cup oil

½ cup chopped nuts

1 orange

1 egg

⅔ cup milk

½ cup orange juice

½ cup orange
marmalade

¼ cup orange juice

¼ cup powdered sugar

ORANGE BREAD

- 1 Sift the flour, then measure. Add the baking powder, salt, and sugar to the flour and sift into a medium-sized mixing bowl.
- 2 Pour the oil over the flour mixture and mix with a fork until crumbly.
- 3 Add the nuts to the flour mixture.
- 4 Grate the rind of one orange, and mix into the flour mixture.
- 5 Beat the egg until foamy. Add the milk, orange juice, and the marmalade. Stir slightly.
- 6 Add the egg mixture to the flour mixture and mix until just blended.
- 7 Pour the batter into the prepared pan.
- 8 Bake at 375°F for 45 to 60 minutes or until the edges of the bread pull away from sides of the pan.
- 9 Remove the pan from the oven. Immediately loosen the bread from the sides by using a thin spatula.
- 10 Remove the bread from the pan and place onto a cooling rack. Remove the paper.
- 11 Place the bread onto a cooling rack.
- 12 Combine the orange juice and powdered sugar and stir completely to make a glaze.
- 13 Brush the glaze over the top of the bread allowing the excess to flow away.
- 14 Store covered.



Cooking temperature:
360°F

Special instructions:
Use a deep-fat fryer or heavy saucepan with at least 3 inches of oil.

Yield: 2 dozen

Ingredients

4 cups flour
3 tsp baking powder
1 tsp salt
1 tsp nutmeg
½ tsp cinnamon
3 egg yolks
1 whole egg
1 c sugar
2 T oil
¾ cup milk

Variation: Chocolate doughnuts

Substitute ½ cup cocoa for ½ cup flour.

Sift the cocoa two times with the flour.

CAKE DOUGHNUTS

- 1 Sift the flour, then measure. Add the baking powder, salt, nutmeg, and cinnamon to the flour. Sift together, then set aside.
- 2 Beat the egg yolks and whole egg until foamy in a large mixing bowl. Gradually add the sugar.
- 3 Blend the oil into the egg mixture. Add the flour and milk alternately beginning and ending with the flour. Stir just to blend. Do not over-mix.
- 4 Set aside and let stand for 20 minutes.
- 5 Place half of the dough on a well-floured surface. Knead lightly about 10 times. Roll the dough to a thickness of ⅓ to ½-inch.
- 6 Cut the dough with a 2-inch doughnut cutter which has been dipped in flour.
- 7 Drop doughnuts into the hot cooking oil. Fry only one layer of doughnuts as a batch. They will float to the top and the temperature of the oil drops when the doughnuts are placed into it. This temperature drop may allow too much oil to be absorbed into the doughnut. Always monitor the temperature of the oil and keep it at 360°F.
- 8 Turn the doughnut often to obtain a golden-brown color and ensure the interior is cooked throughout—about 2½ minutes.
- 9 Remove the doughnuts from the oil using long tongs, holding the doughnut over the oil to allow for dripping oil.
- 10 Drain onto a cooling rack with paper towels beneath it.
- 11 Roll in sugar or powdered sugar while warm or dip into a glaze.

Cooking temperature:
365 to 370°F

Special instructions:
Use a deep-fat fryer or
heavy saucepan with
at least 3 inches of oil.

Yield: 3-1/2 dozen
1-1/2 inch doughnuts

Ingredients

2¾ cup sifted
all-purpose flour

2 ¼ tsp baking powder

Grated rind of 2
oranges

½ cup orange juice

1 egg

2 egg yolks

½ cup sugar

2 T oil

ORANGE-DROP DOUGHNUTS

- 1 Sift flour, then measure. Add the baking powder and salt to the flour and sift together. Set aside.
- 2 Beat the egg and egg yolk in a medium mixing bowl until foamy. Gradually beat in the sugar.
- 3 Blend in the oil and the orange rind mixture.
- 4 Add the flour and orange juice alternately, beginning and ending with the flour. Stir just to blend after each addition. Do not over-mix.
- 5 Using a teaspoon, drop six small portions of dough into the hot cooking oil. They will float to the top and the temperature of the oil drops when the doughnuts are placed into it. This temperature drop may allow too much oil to be absorbed into the doughnut. Always monitor the temperature of the oil and keep it at 365°F.
- 6 Turn the doughnut often to obtain a golden-brown color and ensure the interior is cooked throughout—about 2 minutes.
- 7 Remove the doughnuts from the oil using long tongs, holding the doughnut over the oil to allow for dripping oil.
- 8 Drain onto a cooling rack with paper towels beneath it.
- 9 Roll in sugar or powdered sugar while warm or dip into a glaze.

Altitude Adjusters

THERE ARE NO FOOL-PROOF FORMULAS

Sometimes it takes repeated trials to convert your own recipes for Wyoming's high altitudes. Make one change at a time to arrive at recipe success. If the finished texture or appearance is not acceptable, try one change at a time, making the smallest adjustment first and working up to the largest until you like the results. Even with altitude adjustments, the end product may never be the same as if prepared at sea level. With that said, do not assume your sea-level recipe will fail. Try it first. It may need no modification or only a little. The following altitude adjusters provide a place to start.

GENERAL ADJUSTMENTS FOR BAKING—WHAT, WHERE, AND WHY

Adjustment	3,000 feet	5,000 feet	7,000 feet
Reduce baking powder. For each teaspoon decrease:	1/8 teaspoon	1/8–1/4 teaspoon	1/4 teaspoon
<i>Prevents excess rising that stretches cell structure, producing coarse, irregular texture causes dough to sink in the center results in low volume.</i>			
Reduce sugar. For each cup decrease:	0–1 tablespoon	0–2 tablespoons	1–3 tablespoons
<i>Because of faster liquid evaporation, sugar solutions become more concentrated, affecting the texture.</i>			
Increase flour. For each cup add:	0–1 tablespoon	0–2 tablespoons	2–4 tablespoons
<i>Flour strengthens the structure of baked goods.</i>			
Increase liquid. For each cup add:	1–2 tablespoons	2–4 tablespoons	3–4 tablespoons
<i>Liquids evaporate faster in all cooking processes.</i>			
Increase oven temperature	15–25°F	15–25°F	15–25°F
<i>Helps “set” the batter before the cells expand too much. Cookies may not need a temperature increase.</i>			

Home Baking Food Safety

Home baking is great fun, but it is also important to be safe in the kitchen. There are many potential hazards to be aware of, so here are some useful tips for keeping safe.

GENERAL KITCHEN SAFETY

Store baking ingredients and equipment in such a way that they are easy to reach and will not fall on you.

Keep ingredients covered, preferably in a sealed container, to keep them fresh and free from contamination.

It's a good idea to wear an apron, long sleeve shirt, and closed shoes when you are baking. This will keep your clothes clean and your feet safe from falling objects or spills. It's also a good idea to keep your hair tied back away from your face to prevent it from falling into the food you are making.

Baking usually requires the use an oven and sometimes a stovetop. Be aware of the stovetop and the oven door if they are in use.

Turn handles of cooking utensils parallel to the stovetop and away from the edge of the stovetop to prevent accidental spillage.

Use dry gloves, mitts, or potholders to remove hot pots from the stovetop or baking pans from the oven.

Be careful of hot air when opening the oven door.

Carefully lift lids away from the body. This directs any steam away from you and prevents you from being scalded by hot steam.

Know where you are going to put a hot pot before you take it off the range. Have a stable, heat-resistant surface space cleared for hot items.

Use cookware specially manufactured for use in a microwave. The FDA recommends using glass, ceramic, and plastic containers labeled for microwave use.

Use caution when removing items from the microwave, since some containers get very hot.

Slowly open containers that have been in the microwave, as steam can burn.

Wipe up spills on the floor immediately to avoid slipping.

Baking often requires the use of knives, beaters, mixers, and other implements and equipment that could be dangerous. Be aware when using sharp knives.

If you cut yourself, clean the wound, and apply a bandage and/or glove before continuing to bake.

Never put your hand into a mixer or any other equipment that is turned on or moving.

Make sure hands are dry before touching electrical switches and outlets.

Pets should not be allowed in the kitchen.

Children and sick people should be kept out of the kitchen while baking.

CLEAN

Before baking and handling food, always wash your hands.

Immediately clean counters that have drips or spills of raw egg. Dispose of or change the cloth used.

Wash any bowls, utensils, and other surfaces that were used when baking with hot water and soap. The surfaces to be cleaned may extend beyond the immediate work area, because flour is powdery and tends to spread.

Frequently wash the hot pads used to handle baked goods.

Replace kitchen cloths and towels daily or more often.

Check that the oven and other cooking appliances are turned off before leaving the kitchen.

SEPARATE

Keep raw foods, such as flour or eggs, separate from other foods while preparing them to prevent cross-contamination before cooking. Flour is typically a raw product. This means it hasn't been treated to kill germs like *E. coli*. Harmful germs can contaminate grain while it's still in the field or at other steps as flour is produced.

Store eggs and raw meat or poultry away from ready-to-eat food such as nuts, chocolate chips, or other ingredients you may consume without baking or cooking.

Crack eggs into a separate bowl to avoid shell in the batter.

Wash cutting boards and knives thoroughly (or use separate ones) if they are used for raw meat or poultry before chopping ready-to-eat ingredients such as nuts or fruit.

Separate the bowls, measuring cups, and utensils used for flour, eggs, raw dough/batter, or other perishables from dry ingredients and dry measuring tools.

Cool baked goods separately from mixing counter and tools to avoid cross-contamination. Cool products on clean wire cooling racks, not counter tops.

Store the finished baked goods in clean containers or new food-grade plastic bags or wrap.

BAKE/COOK

Never eat unbaked ingredients, dough, or batter. Raw dough can contain bacteria that cause foodborne illness. No licking spoons, beaters, or bowls! The bacteria are killed when food made with flour is cooked. This is why you should never taste or eat raw dough or batter.

Many icings contain egg whites. Make sure to use pasteurized egg whites or cook the egg whites before using them. Icings and frostings made with raw eggs should not be used.

Apply egg wash to unbaked dough immediately before baking; do not apply the wash to a baked product that will not be baked further.

Baked product should be cooked all the way through. Follow the recipe or package directions for cooking or baking at the proper temperature and for the specified time. Use a toothpick to check the center of pancakes, waffles, quick breads, and cakes for raw batter. Brown crust color does not mean the middle is done.

CHILL

Keep perishable ingredients (eggs, cheese, milk, and meat) refrigerated at 40°F or lower.

Never leave eggs out of the refrigerator for more than two hours. For room temperature eggs, leave out of refrigeration for 20 minutes or place in warm (120°F) water for five minutes.

Unbaked batter or dough, pies, cheese-filled breads or baked goods with perishable filling ingredients (eggs, custards, cheese, pizza, meats, casseroles, cream pies, and puffs) must be refrigerated after two hours at room temperature.

Cream, milk, and cream cheese are considered perishable items by the FDA. Make sure that all perishable items are kept in the refrigerator and once the fillings are added, keep the baked goods refrigerated as well. This includes baked goods such as cheesecakes, trifles, mousses; cream, custard, or meringue pies; and cakes and pastries with cream cheese fillings or icings, custard fillings or frostings, fruit fillings or toppings, whipped cream fillings or toppings, or those made meats or cheeses.

Items whose frosting is made with eggs, custard, whipped cream, or cream cheese can come out of the refrigerator and be brought to room temperature for up to one hour before enjoying. This will ensure both safety and a soft, yielding texture.

Baked goods frosted with store-bought, canned frostings are usually fine for about five days on the counter if properly covered.

STORAGE

When storing crisp cookies, humidity makes a big difference. If you live in a dry climate, store the cookies in a container or jar with a loose-fitting lid; if you live in a humid climate, cover them tightly.

Place items that do not contain raw dairy ingredients in an airtight container or wrap in plastic wrap and store at room temperature. Check them regularly for quality.

BAKED GOODS INTERNAL TEMPERATURES

At high altitude, reduce the following internal temperatures of the baked product by about 5°F to account for water's lower boiling point.

BREADS

Insert the thermometer in the side of the bread. If the bread is in a loaf pan, insert it near the edge at a downward angle toward the center of the loaf.

Quick breads (breads, muffins, cornbread)	200°F
Yeast breads	200°–210°F
Soft breads and dinner rolls	180°–190°F
Scones.	200°F
Sourdough breads	200°–210°F
Cinnamon rolls	190°–200°F

CAKES AND CUPCAKES

The cooking process continues even after the cake is removed from the oven. As the cake cools, the residual heat on the surface slowly penetrates to the center.

Insert thermometer in the center of the cake.

Carrot cake	205°–209°F
Clafouti (with fruit).	160°F
Devil's food and red velvet cakes	205°F
Molten chocolate cakes	160°F
Pound cake	210°–212°F
Tres leches cakes (also known as three milk cakes)	200°F
Upside-down cakes	190°–200°F
Cheesecake	150°F

When the internal temperature of a cheesecake rises above 160°F while baking, it will crack. To prevent cracking and overbaking, remove the cheesecake from the oven when it reaches 150°F at the center.

PIES

Insert thermometer a couple inches in from the edge of the pie.

Chocolate cream pie 165°F

Custard and cream pies. 170°–175°F

Bake until the custard has set around edges but jiggles slightly in the center when tapped on the side with a wooden spoon.

Fruit and berry pies 175°F

Fruit pies should be juicy and bubbling all over, especially in the center. The pie needs to bubble if it contains a starch thickener, otherwise the starch will not thicken.

Pecan pie. 200°F

Pumpkin pie. 175°F

Sweet potato pie 175°F

Meringue Pies 160°–165°F

PUDDINGS AND CUSTARDS

Insert thermometer in the center. Begin checking temperature about 5 minutes before recommended time.

Bread pudding. 160°F

Crème brûlée. 170°–175°F

Baked custard 160°F

Flan 170°–175°F

(Sources: whatscookingamerica.net, the United States Department of Agriculture, and the United States Food and Drug Administration.)



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