

BATTER UP!

Leaders' Guide



Ontario
4-H Council



Ministry of Agriculture,
Food and Rural Affairs

4-H 180 94 LE

*The primary purpose of the 4-H program is
the personal development of youth in rural Ontario.*

THE 4-H PLEDGE

"I pledge
My Head to clearer thinking,
My Heart to greater loyalty,
My Hands to larger service,
My Health to better living,
For my club, my community and my country."

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This project was jointly funded by the Ontario Ministry of
Agriculture and Food and Agriculture Canada.

ISBN 0-7778-2207-5

BE A "GREEN" 4-H CLUB

The 4-H program uses a lot of paper. Please help us to reduce our costs, and save a few trees, by remembering these tips.

- Only 4-H members (10-21) and leaders should receive 4-H resources.
- If your club plans to do this project again, keep the resource materials so you don't need to reorder.
- If your club has extra resources, please return them promptly to the Ontario Ministry of Agriculture and Food office so they can be used by someone else.

WELCOME TO 4-H

It has often been said that, "Volunteer 4-H leaders are a blend of friend, teacher and parent." What a big order to fill! But you will discover that you have many talents as a 4-H leader. Having an interest in young people and their development and being willing to take up the challenge of 4-H leadership is the first step to success.

This project focuses on baking. However, the development of members as individuals is your real goal. You will get to know the club members and where their interests lie very well. Use this knowledge, your own expertise and imagination to plan a fun, interesting and challenging club program for your members. And enjoy being a 4-H leader!

For centuries, people have been grinding flour from grain in order to produce baked foods. What is truly amazing is that such a rich variety of textures and products can be made from so few ingredients. There are some basic formulas from which all of the different recipes developed. Once you understand the key ingredients and how to combine them, you are well on your way to baking delicious and healthy foods. After completing this project, we hope you'll agree that baking really is "easy as pie!"

RATIONALE

Baking requires an understanding of the chemical transformation that takes place when basic ingredients are combined in certain ways.

Bakers need to learn and practise age-old skills and techniques in order to become comfortable with the many different baking recipes.

Personal satisfaction is a part of "baking from scratch."

Because of our busy lives, "baking from scratch" may not always be possible. However, learning the skills and simply knowing the way the home-baked product really tastes will help members evaluate the many convenience products they can choose as alternatives.

WHAT ARE MY RESPONSIBILITIES AS A 4-H LEADER?

Before your club begins:

1. Attend a leader training session;
2. Advertise the project and organize a club with a minimum of six members;
3. Review available resources and begin planning the club program; and
4. Familiarize yourself with current provincial and local 4-H policies.

During the club:

1. Attend each meeting and the Achievement Program;
2. Assist members in planning and presenting the club program;
3. Provide a FUN, learning atmosphere;
4. Have members complete enrollment cards or the club membership list and forward to the Ontario Ministry of Agriculture and Food office before the second meeting;
5. Help each member to set and reach goals for personal development;
6. Encourage members to work together as a group;
7. Provide guidance in choosing and completing an Achievement Program; and
8. Evaluate the club program.

4-H CLUB PROGRAM PLANNING

A successful 4-H club doesn't just happen! Careful planning is necessary and very important. As a 4-H leader, you have a responsibility to do the best job you can in providing a fun, learning experience for the 4-H members. Planning will make this a reality.

The 4-H Volunteers' Handbook has lots of valuable information to help you and your members plan a successful club program. Refer to "The 4-H Meeting" section of your handbook for tips on planning successful meetings, effective communication, games, judging and special events. The chart on page 4, of this Guide, can be used to record your plans.

FOOD DEMONSTRATIONS

One of the objectives of this project is "to acquire the basic skills in traditional baking methods." One of the best ways for us to teach and help preserve traditional skills is to: **"SHOW - TELL - THEN HELP THE LEARNER DO."** It is for this reason that a demonstration of measuring ingredients and three of the basic baking methods (cake, muffin and pastry) is recommended. A demonstration is suggested in five meetings.

You may wish to give one or all of the recommended demonstrations. Or, you may wish to ask other resource people to share their baking skills. The following is a guide to help you prepare a list of possible resources and people from your circle of friends & relatives and from the community for demonstrating.

- members from a local Women's Institute
- a neighbour, mother, aunt or grandmother who loves baking and feels comfortable "showing how"
- a professional baker, pastry chef, cake decorator
- a family studies teacher
- A video and resource kit on Food Handling Techniques for 4-H Leaders is available from the local O.M.A.F. office if you would like to view it. Part 3, Managing Cooking Activities (5 min., 40 sec.) is particularly suited for leaders who will be doing this project.
- the Kay Spicer "Basic Cooking" series of video tapes from T.V. Ontario have demonstrations on the Muffin, Cake and Pastry Methods. They are available from the A.V. Library, Visual Communications Services, OMAF, 52 Royal Rd., Guelph, Ontario, N1H 1G3 (519) 767-3622.

IDEAS FOR THE YOUTH LEADER

(15 years of age and older)

Here are some activities that can be undertaken by Youth Leaders.

1. Find a health/bulk/alternatives food store in your area. Visit the store and find out what baking products they carry, for example:
 - types of whole grains; types of flours
 - sweeteners (honey, sucanat, syrups, maple syrup, molasses)
 - natural liquids and flavourings
 - kinds of dairy products, kinds of dairy substitutes
 - types of leavening agents
 - fats and oils available.

Ask as many questions as you can about the products. Prepare for and host a tour of the store for your club. Be sure to ask permission from the store owner and to set a time that is most convenient for him/her.

2. Find a farmer in your area who grows quinoa, amaranth, wheat, rye or spelt. Visit the farm and find out as much as possible about the grain.

Ask as many questions as you can about growing, observing, harvesting, milling, selling, cooking with/eating, and tips for the home garden/gardener for growing the grain. Prepare for and host a tour of the farm for your club at a time that is most convenient for the farmer.

3. Work with one or two other senior members. Make a video of each of you demonstrating one of the four methods of combining ingredients — ie: pastry, muffin, cake and cookie. Keep in mind the proper measuring techniques, the function of ingredients and the most important techniques for each method. Record the end product too. Show the video at a meeting as a summary of the basic techniques learned and keep on file for use by other clubs.

OR

Do the same thing with slides. Prepare title slides by printing the title words on bristol board and taking a slide picture of each.

4-H CLUB PROGRAM PLANNING CHART

MEETING OR EVENT	DATE	TOPIC ACTIVITY OR TASK	PEOPLE WHO COULD HELP	PRESENTATION IDEAS TO CONSIDER

WHAT IS AN ACHIEVEMENT PROGRAM?

- An opportunity for members to share the knowledge and skills they have gained during this 4-H project.
- Each member should be involved in some way.
- Informs the public about the purpose and goals of the 4-H program.

Achievement Program ideas specific to this project are suggested below. Involve club members in selecting a suitable idea and making the necessary preparations. Some time is given in meeting 6 for Achievement Program planning, however, members should be reminded of this activity each meeting.

Contact a local newspaper and/or magazine to cover your event. Ask local stores to put up invitational flyers for your event or program for further recognition of your club. Send out a personal invitation to the group you plan to invite to the Program, or send a personal request from your club to visit an organization, and to present and demonstrate your Achievement Program.

1. Offer to provide and serve dessert for a seniors' group, church dinner, club meeting or other community event. Choose recipes from the recipe booklet in the Members' Manual, determine the number of servings required, then decide on the responsibilities of club members. Things to remember to plan for: transporting the baking, serving utensils required and clean-up.
2. Organize and participate in a bake show. Invite members from a service club, school or church group to enter products as well. Select major categories — Pastry/Pies; Cakes; Cookies and Muffins — with as many sub-categories as you want. Have members develop a set of score cards for each category and the criteria for judging the recipes. Participants bring recipes and completed product to the event. Invite a panel of judges (local public health nutritionist or dietitian, mayor, local reporter, bakery store owner, etc.) to taste the foods and evaluate recipes. Ask the local newspaper to print the winning recipes. Auction off the goods at the end of the show or donate them to a food bank.
3. Plan to participate in a fall fair. Check the program for categories and submit entries either as a group or as individuals. To submit as a group, hold a mini-show in advance to pick the best product for each category. Then individuals re-bake those products and submit on behalf of your Club.
4. Organize and run a bake sale for your school, a local charity, service organization, club (theatre/sports/dance), seniors' organization or church. Things to consider:
 - products for sale & price
 - location & furniture
 - signs
 - allocation of proceeds
 - allocation of responsibilities.
5. Organize and give a food demonstration for a local club, Women's Institute, school/church group. This would be the program for their meeting.

SPECIAL NOTES FOR THIS PROJECT

RESOURCE MATERIAL

1. Any page numbers refer to the Members' Manual unless otherwise indicated.
2. The Members' Manual has been designed as a reference source. Hopefully, the members can leave their manuals closed for most of the meeting, allowing them to observe, learn and take part in the discussion and other activities. It is not necessary — and usually not possible — to cover all the information given in the Members' Manual during the meeting.
3. **MEETING ORDER** A suggested order has been given for the meetings but is intended as a guide only. Leaders should review the order and decide what best serves their needs, changing the order to suit resource peoples' schedules, location & facilities, etc. Meeting one is designed as the introduction to the project and would be the least likely to be moved.
4. **REMEMBER TO REFER TO YOUR 4-H VOLUNTEERS' HANDBOOK** - You will find many useful tips and ideas covering topics such as program planning, successful meetings, parliamentary procedure, effective communicating and presentation methods. Refer to your Volunteers' Handbook as you plan meetings. If you do not have a handbook, please ask your OMAF contact.
5. You may find the OMAF Factsheet, Procedures for Meetings, 89-095, helpful.
6. The **LET'S BAKE** section is common to every meeting. It gives the recipes from the Recipe Booklet that are relevant to each meeting. It also introduces new techniques that are required for those recipes or for learnings in that meeting. You may wish to review or demonstrate those techniques before members bake.
7. **OTHER RESOURCES** Get members to check their school and public library for cookbooks available. Suggest magazines such as Canadian Living and Chatelaine as good references for recipes. Show/tell them about the recipe index common to most magazines that publish recipes. Have members check the Wednesday section of daily newspapers for recipes relevant to this project. Have members ask friends/relatives about their cookbook collections.
8. **FYI (For Your Information)** When background information might be helpful, it is given under this heading in the Leaders' Guide only. If and how you share this information is up to you.
9. **BETTER BAKING TIPS BOXES** Information in these boxes is designed to explain and give extra information about various aspects of baking. You can add to or point out this information at an appropriate point at each meeting.
10. In the interests of saving paper, rather than including "Digging Deeper: Optional Information For Senior Members" in the Members' Manual for

everyone, it has been produced as a separate document. If you wish to use this information with the club, a copy may be ordered for each senior member (ages 15-21). Encourage them to read it and undertake special projects or other activities that might be sparked as a result of this additional material.

ACTIVITIES

1. **JUDGING** - Judging muffins, cakes and pastry is a valuable activity. Specific criteria for judging these baked products is given in the Recipe Booklet.

You will also find information on **WHAT WENT WRONG? AND HOW TO FIX IT!** for each of the basic baked products. Use this information to help clarify standard product characteristics and to help develop skills towards achieving quality in baked products.

Each member should have a 4-H Judging Handbook (4-H-1550-91) and be encouraged to use it. These can be obtained from your OMAF contact.

2. **BAKING WITH WHOLE GRAINS** - In keeping with the trend towards healthy baking, whole grains are recommended and included in many of the recipes in this project. Wholewheat flour, bran and rolled oats are now available in almost all supermarkets in Canada. Make sure to have wholewheat flour available for at least some of the recipes.

Baking with whole grains produces a different product. Generally, you can expect the following:

- less height, not as light and tender
- more compact and heavy
- flatter shape, not as rounded (especially in muffins and quick breads).

3. **BAKING WITH LESS FAT & SUGAR** - When you reduce fat and sugar levels in recipes, you must begin to train your palate to a different taste sensation. For individuals new to these healthier baked products, they may seem flat, not as light and tender and definitely not as sweet. Keep in mind that our traditional expectations for the rich, sweet taste of baked products may not be met in all of the recipes in this project. This is most apparent in the recipes for muffins and quick breads.
4. **EQUIPMENT AND INGREDIENTS** - Members may need help with basic equipment and ingredients for baking if these resources are not available at home. To encourage everyone to bake at home, consider collecting a small amount of money from each member to purchase basic ingredients in bulk and dividing it among the group. Some ingredients to buy: flour, sugar, rolled oats, baking powder, baking soda, cocoa, shortening, vanilla.
5. **BATTER UP!** In this meeting, several options for activities are given in the Leaders' Guide. However, some of the options require baking to be done in a previous meeting. Decide early what activities you will do so that you can prepare accordingly.

The 4-H Resource Development Committee of the Ontario 4-H Council reviews and evaluates 4-H resources. Comments and suggestions about 4-H manuals and guides are always welcome. They may be sent to the following address.

4-H Resource Development Committee
c/o Guelph Agriculture Centre
P.O. Box 1030
Guelph, Ontario
N1H 6N1

At the bottom of the table of contents page in the Members' Manual you will see the Kids Help Phone logo and number. Kids Help Phone is available to over 7 million children and teenagers throughout Canada.

It is a national, bilingual, confidential, toll free helpline staffed by paid, trained professionals. In response to the problems and concerns of our youth, Kids Help Phone provides a listening ear, emotional support, counselling, information and referrals. Children and teens from anywhere in Canada can call anonymously 24 hours a day, 365 days a year.

Children and teens can call about anything that is bothering them including — abuse; drugs; alcohol; conflicts with parents, friends or teachers; pregnancy; sexuality; suicide; or parental separation and divorce.

Please mention this number to your members and explain what it is for. Make sure they know that it is free and they don't have to give a name or address.



The Kids Help Phone gets 1000 calls a day... 2000 more get a busy signal. If you or your club or someone you know would like to make a donation to the Kids Help Phone, call 1-800-268-3062.

MEETING ONE

MEASURE UP!

RATIONALE

The purpose of this meeting is to introduce the project and to stir excitement in members. By learning and applying proper measuring techniques and by understanding the function of ingredients in baked products, myths and problems — perceived or real — surrounding baking can be addressed, enabling members to bake with ease.

OBJECTIVES

1. To introduce the project and its requirements.
2. To practise parliamentary procedure.
3. To elect the club executive.
4. To become familiar with the basic ingredients in baked products and to understand their functions.
5. To learn and practise the techniques of measuring ingredients for recipes.
6. To bake, taste and enjoy a microwave or conventional recipe for squares as an introduction and stimulus for future adventures in baking.

PREPARATION AND EQUIPMENT CHECKLIST

Depending on the selection of activities, you or a Youth Leader should prepare the following.

- | | |
|---|---|
| Welcome & Get Acquainted Activity | <ul style="list-style-type: none">• Copy the labels from pages 14-16, Leaders' Guide and cut them into two sets. One set to have the name of a baked product, the other to have the description. If you do not have access to a photocopier, see the activity note on page 11 of this Guide. |
| The Great Canadian Utensil Hunt and Baker's Kit | <ul style="list-style-type: none">• Check on page 5 to see what equipment you have or will need to borrow. |
| Demonstrate How to Measure Fats | <ul style="list-style-type: none">• You will need butter, shortening, lard or margarine with measures marked on the box or wrapping and a sharp knife.• For soft margarine a dry measure, metal spatula or kitchen knife. For water displacement method a liquid measure, water, spoon and shortening, lard or butter. |
| Let's Bake | <ul style="list-style-type: none">• Review recipes, page R5-R7, and decide which one(s) to have members bake. Check that ingredients and equipment are on hand. |
| Ingredients Activity | <ul style="list-style-type: none">• Use the large pie half on pages 17 and 19 of Leaders' Guide. |

Digging Deeper

- You may wish to try this experiment before the meeting. Set out equipment:
 - baking soda, cream of tartar, baking powder
 - water
 - 3 glasses
 - 1 set small measures, liquid measure,
 - 1 saucepan.

Baker's Beliefs

- Prepare a large poster of the Baker's Beliefs to post in the kitchen at each meeting as members are baking.

Optional Video

- The Basics of Good Cooking & Healthy Eating (VHS, 26 minutes). Kay Spicer begins her basic cooking series with an introduction to the supplies & utensils needed in the kitchen. She demonstrates basic techniques and explains how to plan meals to maintain a healthy diet. Available from A.V. Library, Visual Communications Services, OMAF, 52 Royal Rd., Guelph, Ontario N1H 1G3 (519) 767-3622

TIME GUIDELINES

A time guideline has been provided for each section of the meeting. Please remember that this is only a guideline. The number of members, their maturity, specific interests and the way the meeting is structured will all influence the duration of specific activities.

IN A NUTSHELL	
Welcome & Get Acquainted Activity	as members arrive
Roll Call	5 min.
Getting Started	15 min.
Baker's Kit: Utensil Hunt	20 min.
Measure Up!	10 min.
Ingredients	30 min.
Let's Bake/Clean-up	15 min.
A Road Map to Good Meetings	20 min.
Tasting and Before the Next Meeting	<u>5 min.</u>
	120 min.
Optional: Digging Deeper --- Understanding Leavening Agents	20 min.
Possible Recipes:	Fudgy Brownies (microwave) Brownies (conventional) Veggie Squares

WELCOME AND GET ACQUAINTED ACTIVITY

As each member arrives, give her/him one label with the name of a baked product (see page 14, Leaders' Guide). Make available the pile of cards with the descriptions of each baked product. Tell each member to find the card with the definition he/she thinks best describes his/her product. This activity could be done in pairs to encourage members to meet & get to know others.

If you don't have access to a photocopier, cut the tags out as printed here, cross out the product name which is on the reverse and hand write a set of labels with baked product names. OR leave the product names on the back and have members search for their twin! For example, the term scones has the pancake description on the flip side. The pancake term has the scones description on the reverse of it.

ROLL CALL (5 minutes) page 5

Just before roll call, check that each person has matched a definition to his/her baked product. Have members describe the baked products. The other members can say if they think the match is right, and if not, why.

GETTING STARTED (15 minutes)

1. Begin with the 4-H PLEDGE. Post a copy so everyone can see it.
2. WELCOME the members. Introduce leaders. Have members introduce themselves. Introduce the youth leader (if this has been decided). Ensure that everyone has a name tag.
3. Complete ENROLLMENT CARDS and MEMBERSHIP LIST.
4. Give a brief INTRODUCTION to the project.
5. Outline the OPPORTUNITIES members have such as taking part in the local fairs and shows, "4-H Go For the Gold", 4-H Members' Conference, etc.
6. DISTRIBUTE "4-H Club Member Lives Here" and "4-H Project" signs if available.
7. DISTRIBUTE the Members' Manuals.
8. Discuss the members' REQUIREMENTS for the project. See pages 1 and 2. Outline any expectations you have of the members.
9. Briefly discuss the ACHIEVEMENT PROGRAM - type, date, time, location.

The remaining time is used for activities related to the meeting material. Try to keep the members interested and involved by using a variety of techniques and activity coordinators - leaders, youth leader, guest or senior members.

BAKER'S KIT (20 minutes) page 5

Note: You can move the meeting to the kitchen at this point as it may be easier for the demonstrations.

THE GREAT CANADIAN UTENSIL HUNT

In Canada, we measure ingredients for recipes by VOLUME, using METRIC MEASURES. Here is an activity designed to reinforce good habits for baking.

Members need to understand the importance of following proper measuring techniques and using standard metric measures.

Have members pair off and go into the kitchen. Each pair is to bring back a specific utensil. Have samples of as many items as possible that are in the baker's kit on page 5. Try to include one metal and one glass baking pan.

The members with non-measuring utensils — wooden spoon, spatula, whisk, pastry blender, etc. — can begin. Have them show and tell how/what they are used for and perhaps give a utensil that could be used as a substitute. When members are discussing baking pans you might like to share some of the information in the Better Baking Tips boxes.

MEASURE UP! (10 minutes) page 6

The pairs that have measuring utensils can demonstrate the correct way to measure with them and what ingredients they would be used for. Refer to the steps for measuring liquids, small amounts and dry ingredients, page 6. Ask other members for suggestions for improving accuracy in measuring.

DEMONSTRATE HOW TO MEASURE FATS

Follow instructions on page 7, showing the three different ways to measure fats. Check one of the recipes members will bake and measure that amount.

INGREDIENTS (30 minutes) page 8

A review or mention of the Baker's Beliefs, page 6 at this point would be helpful. This activity is designed to be fun, to develop good baking habits and to introduce the following concepts.

1. Always read the recipe to the end before starting to bake.
2. There are some ingredients that are always used in baked products and each ingredient has a special purpose.
3. Knowing and practising the correct ways to measure will help produce a quality product.

HOW TO LEAD THIS ACTIVITY

1. Have members read the recipe(s) you have chosen to bake. If you have both a microwave and a conventional oven, you might wish to divide the group in half and have each group prepare a different recipe — one to be baked in each oven.
2. Have members assemble all equipment for each recipe.
3. Divide the group into 2 groups if they are not already split. Give each group one half of the pie, pages 17 and 19, Leaders' Guide.

The object of the activity is for one group to read one ingredient's function from their half of the pie and for the other group to guess the ingredient.

Each group alternates with the three ingredients & functions on their half of the pie.

4. As each ingredient is defined and identified, the group finds that ingredient in their recipe, measures it and sets it aside.
5. Once all the ingredients are measured, the recipe is put together, following recipe directions, step-by-step by the whole group.

You can paste or tape the 2 pie halves together on a piece of cardboard to be used as a poster for the project.

LET'S BAKE (15 minutes) page 9

If you have completed the ingredients activity as described above, the product(s) will be ready to bake. Have members clean equipment & utensils while products are baking. This is a good time to encourage good habits surrounding clean-up.

A ROAD MAP TO GOOD MEETINGS (20 minutes total)

While squares are cooling you can review this information.

It is important for everyone to become familiar with the basics of running a good meeting. Review with members the purpose of an agenda and the executive's responsibilities. Have the club members elect an executive. You may find the 4-H Volunteers' Handbook and the OMAF Factsheet, Procedures for Meetings (89-095) helpful.

BEFORE THE NEXT MEETING (5 minutes) page 10

Encourage the members to try the recipes at home. Junior members are encouraged to complete 3 recipes, seniors to complete 4 recipes at home over the course of the project.

DIGGING DEEPER - OPTIONAL INFORMATION FOR SENIORS, page 1, D.D.

UNDERSTANDING LEAVENING AGENTS

The purpose of this activity is for members to observe how leaveners work. You may wish to try this experiment yourself before the meeting.

You can have senior members discuss their conclusions with the whole group or simply have them write out what they observed.

Here are the correct answers to the conclusions questions.

1. Does cream of tartar produce carbon dioxide? **Yes**
2. Does baking soda produce carbon dioxide? **Yes**
3. Does baking powder produce carbon dioxide? **Yes**

4. Which produces more reaction — baking soda or baking powder? **Baking Powder**
5. Which produces more reaction with baking powder — hot or cold water? **Hot**
6. How would you test baking powder to see if it was still effective? **Put 5 mL in 250 mL cold water. If no reaction, not still effective.**
7. How do baking soda and powder work to make cakes rise? **They produce carbon dioxide which changes to steam, and as it expands, pushes out the gluten structure. (See "gluten" in the glossary, page 40.)**

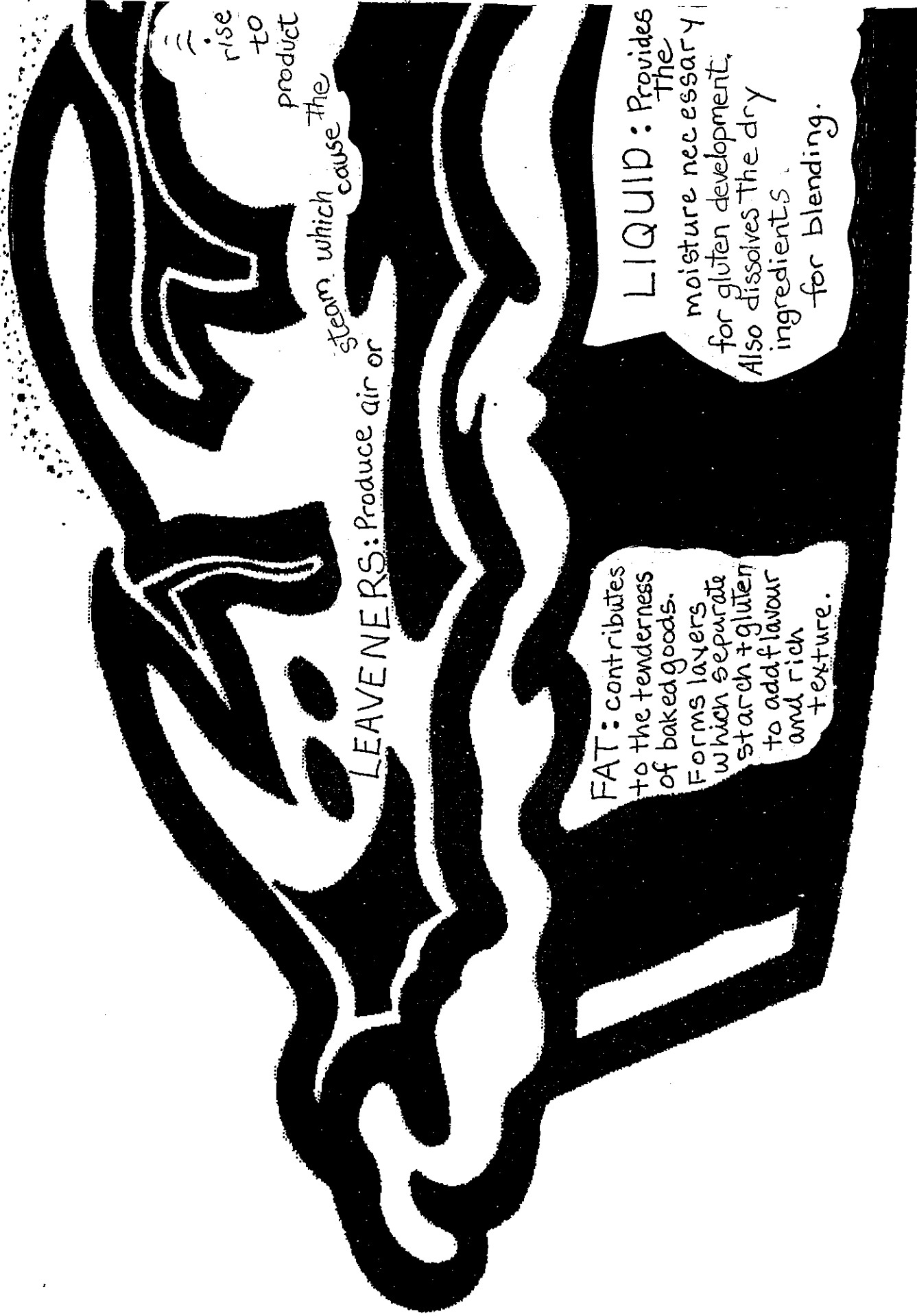
WELCOME & GET ACQUAINTED ACTIVITY

DUMPLINGS	Small balls of steamed or baked dough. Many varieties world wide — Italian ravioli; Polish potato dumplings; British apple dumplings. Plain dumplings are cooked in soups and stews, while the sweet varieties are often stuffed with fruit or currants and served with brown sugar.
STRUDEL	A rich pastry composed of paper-thin dough with a filling, either sweet (apples with walnuts and raisins or cherries) or savoury (cabbage with eggs or fish). The dough is rolled around the filling and the roll is baked in a hot oven.
SWISS ROLL	Called a Jelly Roll in Canada, it is a sponge cake dough baked in a shallow baking pan, spread with jam and rolled while still hot.
BANNOCK	The Scottish name for a variety of large round cakes. They are made with barley, oatmeal, wheat or pease, according to locality and tastes. Different bannocks are baked for different occasions, especially for Hallowe'en and the first day of each season.

<p>PASTIES</p>	<p>Squares of short pastry rolled thin and folded to enclose a filling of chopped meat, potatoes, and vegetables. The edges of the pastry are firmly sealed and it is baked in a moderate oven to let the contents cook in their own juices.</p>
<p>FLAN</p>	<p>An open round pastry shell filled with fruit, custard or cream. Pastry can be either short crust or biscuit pastry.</p>
<p>SCONES</p>	<p>White or wholewheat flour is mixed with sour milk, buttermilk, water or cream to make a stiff dough. Other ingredients include baking powder, sugar, fat and eggs. This is shaped into a cake or round about 20 cm in diameter and cut into wedges that are baked on a griddle or in a hot oven.</p>
<p>TEA BISCUITS</p>	<p>Stiff dough of flour, salt, leavening agent, fat and liquid, rolled and cut into 5 - 10 cm rounds which are baked in a fairly hot oven. They can be plain, sweet (brown sugar or fruit) or savoury (cheese).</p>
<p>BISCOTTI</p>	<p>The Italian term for a biscuit that is twice baked.</p>

<p>SHORTBREAD</p>	<p>A rich, slightly sweet biscuit-type cake. Perhaps originally from France, it has been known in Scotland for centuries and is served at Hogmany, the Scottish New Year's Day.</p>
<p>TART</p>	<p>Generally considered to be dishes composed of a pie crust shell filled with fruit or savoury mixtures and baked. In Canada, the term is used to describe small (5 - 8 cm diameter), round, mini-pies using one or two crusts and filled with sweet mixtures.</p>
<p>PANCAKE</p>	<p>A pudding or thin "cake" made in a frying pan. All countries have their own version and this may have been the first baked product (originally made of meal and water, cooked on a hot stove). In Britain, it is traditional to eat them on Shrove Tuesday.</p>
<p>QUICK BREAD</p>	<p>Also referred to as "hot breads," these baked products developed as a result of the discovery of chemical leavening agents — baking powder and baking soda. The following products fall into this classification: popovers, griddle cakes, waffles, muffins, biscuits, loaf breads.</p>
<p>NAPOLEONS</p>	<p>The French name for a cake made with layers of puff pastry filled with a custard-like cream. Usually cut into squares or diamond shapes and decorated with a soft, thin icing.</p>

INGREDIENTS AND HOW THEY WORK



rise to product

steam which cause the

LEAVENERS: Produce air or

FAT: contributes to the tenderness of baked goods. Forms layers which separate starch + gluten to add flavour and rich texture.

LIQUID: Provides the moisture necessary for gluten development. Also dissolves the dry ingredients for blending.

IN BAKED PRODUCTS



SWEETENER:
Gives
flavour.

FLAVOURING: Adds taste & sometimes texture.

FLOUR: The gluten is a protein in flour that forms a web for the structure of baked products

MEETING TWO

M'm M'm MUFFINS

RATIONALE

The purpose of this meeting is to demonstrate the muffin method of combining ingredients for baked products. In addition to being fast and easy to prepare, home-made muffins can be a healthy alternative to fast-food muffins (which are often high in fat, sugar and refined carbohydrates).

OBJECTIVES

1. To learn the muffin method of combining ingredients.
2. To practise making muffins and/or quick breads.
3. To compare muffins made from "scratch" with muffins from a "mix."
4. To realize that the choice of ingredients in all baked products has a direct effect on the nutrition of the product.

PREPARATION AND EQUIPMENT CHECKLIST

Depending on the selection of activities, you or a youth leader should prepare the following.

- | | |
|-----------------------------------|--|
| Roll Call | <ul style="list-style-type: none">• Re-write or photocopy and cut out the historical notes, page 25, Leaders' Guide |
| Resources | <ul style="list-style-type: none">• Consider possible people to demonstrate muffin method. Confirm date and time for demonstration. |
| Demonstrate Ontario Berry Muffins | <ul style="list-style-type: none">• See page R8, gather ingredients and equipment. |
| Let's Bake | <ul style="list-style-type: none">• Review recipes, page 11 and decide which one(s) to have members bake. Check that ingredients and equipment are on hand. |
| Let's Compare | <ul style="list-style-type: none">• Assemble ingredients and equipment for Basic Bran Muffin recipe, package of Bran Muffin mix and ingredients called for in instructions• Purchase store baked bran muffins |
| Digging Deeper | <ul style="list-style-type: none">• Assemble ingredients for Make Your Own Mix, see page 4, D.D. |

Optional Video

- A Guide to Good Baking (VHS video, 26 minutes). A guide to making homemade quick breads and yeast breads. Kay Spicer shows how the same basic dough can be used in pancakes, muffins, baking powder biscuits, dessert rolls and white or brown bread. Available from the A.V. Library, Visual Communications Services, OMAF, 52 Royal Rd., Guelph, Ontario N1H 1G3 (519) 767-3622

IN A NUTSHELL	
Roll Call & 4-H Pledge	5 min.
Demonstration of Muffin Method — Ontario Berry Muffins	10 min.
Let's Bake	35 min.
M'm M'm Muffins By Me & Healthier Baking Tips	20 min.
Let's Compare	15 min.
Club Business	10 min.
Tasting/Clean-up	15 min.
Before the Next Meeting	10 min.
	<hr/>
	120 min.
Optional: Digging Deeper — Make Your Own Muffin Mix	20 min.
Possible Recipes:	Peanut Butter & Jam Muffins Basic Bran Muffins Apricot Bran Loaf Cheddar Cheese Loaf

ROLL CALL (5 minutes) page 11

As members arrive, give them an historical note, Leaders' Guide, page 25.

Have each member tell his/her favourite muffin and then read an historical note about quick breads and cakes.

To save time, or if you think that your members are uncomfortable with reading just have them say their favourite kind of muffin.

DEMONSTRATE THE MUFFIN METHOD (10 minutes) page 11

Use the Ontario Berry Muffin recipe to demonstrate how to combine the ingredients using the muffin method. Be sure to show & talk about the following techniques:

- making a well
- adding the liquid to the dry ingredients all at once.

LET'S BAKE (35 minutes) page 11

Recipes for quick breads have been included in this section because they are mixed by the muffin method. Check the information on the "Quick Breads: Recipes & How-To" recipe & information sheet for more ideas on savory breads. If you plan to have members do the Let's Compare activity have one group prepare the Basic Bran Muffins and another group make bran muffins from a mix. (These two groups should keep track of preparation time.)

M'm M'm MUFFINS BY ME and HEALTHIER BAKING TIPS (10 minutes) page 12-13

The purpose of this activity is to introduce the concept of creative cooking. After completing this activity, members should begin to realise that they have some degree of freedom to change recipes if they follow basic guidelines.

Have members read the list of ingredients to substitute in muffin recipes, page 12. Other ideas can be added to the list. Here are some other ingredients to substitute: sage, oregano or other fresh herbs; use condensed soup (any kind) for the milk; pumpkin or cranberry sauce with honey instead of applesauce. When discussing substitutions, include some of the concepts in the Better Baking Tips section on healthier baking.

Have members make at least two changes to the ingredients for Ontario Berry Muffins. Check each person's changes to make sure they will work because some members may make the changed recipe at home before the next meeting. Suggest to members that if they want to make the changed recipe they should re-write the entire list of ingredients so that they won't get confused and leave any ingredients out.

LET'S COMPARE (15 minutes) page 14

Have the members judge the three types of bran muffins. Discussing the questions in the Members' Manual and evaluating the standard muffin characteristics (see Recipe Booklet, page R9) may help members decide which muffins they like best. To do this, look at general appearance first, then break open the muffin and look at the texture. Give each muffin a rating out of 20 — up to 5 points for each characteristic. The youth leader or a couple of senior members could determine the costs for each type. Remember to consider costs for additional ingredients added to the mix.

Here are some **1993** ingredient prices to help members work out costs of the muffins. (Make adjustments for current prices.)

SCRATCH

flour \$9.99 /10 kg bag
 recipe uses 375 mL = 220 g
 = \$0.45 /recipe

bran \$2.99/525 gm box
 recipe uses 625 mL = 400 g
 = \$2.27/ recipe

sugar = \$0.10/ recipe

milk \$1.50 / Litre
 recipe uses 375 mL
 = \$0.56 / recipe

oil 1.49 / 1/2 Litre
 recipe uses 125 mL
 = \$0.37 / recipe

egg 1 dozen = 1.20
 recipe uses 1 egg
 = \$0.10/ recipe

salt & baking soda
 = \$0.03/ recipe

raisins = \$0.37/ recipe

MIX

Betty Crocker Honey Bran
Muffin Mix 200 g pouch = \$.99
Makes 6 muffins

125 mL milk = \$0.19

1 egg = \$0.10

oil = \$0.20

raisins = \$0.20

total cost 6 muffins = 1.68
Total Cost 1 dozen Muffins = 3.36

Total Cost 1 dozen Muffins = \$4.25

Ask these questions to wrap up the activity.

Judging only flavour, which bran muffins did you like?
Judging all muffin characteristics — appearance, texture, tenderness, flavour —
which bran muffin did you like?
Which method was more convenient?
Which method was more expensive?
All things considered, which bran muffins would you make/buy again? Why?

BEFORE THE NEXT MEETING (10 minutes) page 14

Explain each activity and answer questions.

DIGGING DEEPER - OPTIONAL INFORMATION FOR SENIORS, page 3, D.D.

MAKE YOUR OWN MIX (20 minutes) page 4, D.D.

Senior members are to make up a basic muffin mix. Pairs of seniors could work together and then split the mix because it makes a large volume. Over the course of the next 2 - 3 weeks, have them try out their mix by baking either the plain,

berry or cheese muffins included as variations. They could bring in some of the products they make to let the other members try them. Seniors could also share their conclusions about their preferences for "scratch" mixes vs. bought mixes.

ROLL CALL — HISTORICAL NOTES

The story of baked products reveals the tradition of many lands. The crude hearth cakes of primitive peoples were carefully fashioned into the delicious baked products of our day. Here are some interesting historical notes about some of the baked products we still make today.

<p>The colonists were taught by the Indians to parch (dry or roast) corn and to make thin corn cakes which were baked before an open fire. Hunters took the corn cakes on long journeys, and they soon became known as "journey cakes," and then later as "Johnny cakes."</p>	<p>The waffle originated in England during the thirteenth century when a Crusader accidentally sat on some freshly baked oat cakes. His armour flattened them and left deep imprints. His wife was so thrilled with the way melted butter remained in the imprints that she ordered him to wear his armour and sit on the cakes each week!</p>
<p>When hunters sat around their camp fires and fried fish, their dogs howled. To keep the dogs quiet, they tossed leftover corn cakes to them. The cakes then became known as "hush puppies."</p>	<p>Crumpets and muffins came to us from England. Hot biscuits and spoonbread were served daily on southern plantations. Waffles, scones, popovers, muffins, and other breads have added variety to our daily meals. These delicious hot breads are known as quick breads because they are made with fast-acting leavening agents such as baking powder or soda rather than with yeast which is slower acting.</p>
<p>A charming wedding custom in Orkney and Shetland is associated with the baking of Bride Cakes. They are little cakes cooked on a griddle. As the bride entered her new home for the first time as a married woman, a Bride Cake would be held over her head and broken. All the pieces had to be eaten by the bride and groom to ensure a happy and lucky marriage.</p>	<p>Bannock is the Gaelic word for cake. It is a large, round cake that is cut into pie-shaped pieces to serve. There are hundreds of kinds of bannocks — each for a special day. There is a bannock for the first day of spring, for summer and for teething. If you eat bannock on Hallowe'en you will have dreams that foretell your future.</p>

<p>Shrove Tuesday is the last day before Lent. It was customary to make confession and be absolved (forgiven) by the priest on this day. Pancakes became associated with Shrove Tuesday for two reasons.</p> <ol style="list-style-type: none">1. Pancakes were to be eaten after dinner, to stay the stomachs of those who went to the church to be shriven (to get forgiveness by confessing).2. Because Shrove Tuesday is the last day before the fasting of Lent, pancakes were originally intended to use up eggs and butter in the house.	<p>In Scotland and North England, the first person (called a "first-footer") to enter your house after midnight on New Year's Eve is very important. Tall, dark, male strangers are generally considered to be the most lucky, and should always bear gifts (if they come empty handed, bad luck will descend on the household in the coming year.) The first-footers' gifts are usually coal, bread, salt and whisky which symbolize plenty. In return, the stranger is given a glass of whisky and a piece of shortbread. This ritual ensures a happy and prosperous New Year.</p>
<p>"Cake Walk" is a term that originated in America's south around 1892. It was a sort of game where plantation workers walked around a prize cake in pairs and umpires judged which pair walked the most gracefully and thus, took the cake!</p>	<p>Biscuit comes from the French-Latin, bis, meaning twice; cuit meaning oven. So called because biscuits were originally twice baked.</p>
<p>Saying: This takes the cake. Means: To carry off the prize. Cake to the person who succeeded best in a given competition.</p>	<p>Saying: You cannot eat your cake and have it too. Means: You cannot spend your money and yet keep it.</p>
<p>Saying: I wish my cake were dough again. Means: I wish I had never married, or I wish I'd not done that.</p>	

MEETING THREE

LET THEM EAT CAKE

RATIONALE

The purpose of this meeting is to present the three broad classifications of cakes and to demonstrate one type of cake (Butter, Egg Foam or Chiffon). When members understand key terms and techniques, they will better understand the results. Judging cakes according to a pre-determined criteria reinforces the unique qualities of cakes.

OBJECTIVES

1. To learn the cake method of combining ingredients for butter cakes. **OR** To learn the egg foam method of combining ingredients.
2. To learn and practise the techniques related to the cake method — creaming, sifting, greasing, flouring. **OR** To learn and practise the techniques related to the egg foam method — separating eggs, beating egg whites, folding.
3. To learn and practise some basic filling and frosting techniques.
4. To understand that following the recipe and measuring correctly will, in most cases, lead to a successful product. However, there are guidelines to consult when something goes wrong.
5. To identify key qualities of a perfect cake and apply them in a judging activity.

SPECIAL NOTE FOR THIS MEETING

There is enough information in this meeting for two full meetings: one meeting on the conventional cake method and one on egg foam cakes. If you only have time for one meeting, you must choose whether to present one or the other methods for making cakes. Be sure that members are aware of the other basic cake methods.

PREPARATION AND EQUIPMENT CHECKLIST

Depending on the selection of activities, you or the youth leader should prepare the following.

Resources

- Consider possible people to demonstrate the Butter or Angel Food Cake. Confirm date and time for demonstration.

Demonstrate Butter Cake OR

- See Recipe Booklet, page R14. Gather equipment and ingredients.

Demonstrate Angel Food Cake

- See page R16, Recipe Booklet. Assemble ingredients and equipment. Separate eggs, leaving a few to demonstrate separating.

Let's Bake

- Review recipes, page 19 and decide which one(s) to have members bake. Check that ingredients and equipment are on hand.

Demonstrate Frosting and Filling

- You will need a cooled butter cake. Use the one you demonstrated or make one in advance. Do not use the Angel Food Cake because egg foam cakes need little or no frosting and are almost never filled. Prepare frosting and filling in advance.

Evaluating Cakes

- You might invite someone who judges at fairs to help with this part of the meeting. The local agricultural society might have names of people from your area.

Digging Deeper

- Assemble ingredients and equipment for chocolate Chiffon Cake.

Mystery Cakes

- Decide how or if you will use the information.

Optional Video

- A Guide to Good Cookies and Cakes (VHS video, 26 minutes). Kay Spicer makes several cookies, and some moist, light, traditional cakes for special occasions. Available from the A.V. Library, Visual Communications Services, OMAF, 52 Royal Rd., Guelph, Ontario N1H 1G3 (519) 767-3622.

IN A NUTSHELL

Roll Call & 4-H Pledge	5 min.
Demonstration of Cake Method — Butter Cake	20 min.
OR Egg Foam Method — Angel Food Cake	
Let's Bake	40 min.
Fillings and Frostings — The Basics	15 min.
Let's Evaluate	15 min.
Club Business	10 min.
Tasting/Clean-up	15 min.
Before the Next Meeting	<u>5 min.</u>
	125 min.
Optional: Digging Deeper — Bake Chiffon Cake	40 min.
OR Butter Cake/Gingerbread	
Mystery Cakes	
Possible Recipes: Butter Cake	Frostings & Fillings
Angel Food Cake	Fruit Glazes
Chocolate Chiffon Cake	

ROLL CALL (5 minutes) page 15

Ask each member to answer the roll call. See Mystery Cakes, optional activity on page 30, Leaders' Guide.

DEMONSTRATE CAKE METHOD (20 minutes) page 16

You could blow up the Baker's Beliefs, page 6, and paste/tape it on to a piece of cardboard to use as a poster for this meeting.

You are demonstrating the cake method first in the meeting to give the cake time to bake and cool so that you can then use it to demonstrate basic filling and frosting techniques.

Have members follow the steps outlining this method on page 16. Be sure to show and talk about the following techniques:

- cream
- sift
- adding dry & liquid ingredients alternately
- grease
- flour.

OR

DEMONSTRATE EGG FOAM CAKES

You may wish to demonstrate egg foam cakes instead of the conventional method of combining ingredients for butter cakes since egg foam cakes are less common and members might not have had the opportunity to make or taste one. Use the information and steps, pages 17 and 18, and use the recipe for Angel Food Cake to demonstrate egg foam cakes. Be sure to show and talk about the following techniques:

- separating egg whites
- beating egg whites
- folding in egg whites.

LET'S BAKE (40 minutes) page 19

One or more butter cakes can be made at this meeting. One to be filled & frosted now, the others frozen unfrosted for the cake decorating meeting.

FILLINGS AND FROSTINGS — THE BASICS (15 minutes) page 19-20

Once the cake/s is/are in the oven, while waiting for them to bake and cool, use your demonstration cake (which should be cool by now), or have a cake made in advance to show how to fill and frost cakes. Follow directions for filling, page 19 and steps for frosting cakes, page 20. If you want to demonstrate how to **make** the frosting in addition to how to frost a cake, you will need to allow more time.

LET'S EVALUATE (15 minutes) page 21

You could invite a local person who judges at fairs to come for the last half hour of the meeting. He/she might share experiences in cake judging with the group. He/she could also help members judge their cakes.

Help members judge their cakes by checking the characteristics listed on the back of the recipe for Butter Cake or Angel Food Cake.

BEFORE THE NEXT MEETING (5 minutes) page 21

Explain each activity and answer any questions.

MYSTERY CAKES Optional (5 minutes)

You might find that at some point during the meeting, you have a few extra minutes. Try these puzzles with members if you like. You might also print them on a large sheet of paper and post it on the wall. Members who arrive early to the meeting can try to solve them and give the answers during roll call.

See if you can name the different types of cakes from the following clues.

A cake for a heavenly being **Angel Food Cake**

A cake for a Blue Jay batter who sacrificed his run **Bundt**

A cake for little Jack Horner **Plum Cake**

A cake for a person who gets by begging **Sponge Cake**

A cake for a person who builds with bricks **Layer Cake**

A cake for hunters **Mousse Cake**

A cake for photographers **Cheese Cake**

DIGGING DEEPER - OPTIONAL INFORMATION FOR SENIORS, page 6, D.D.

Have senior members make a chiffon cake, page 7, D.D. Instead of icing, let them try it plain, or with a fruit glaze, page R25, Recipe Booklet. Tell them that if they were making this cake at home, they might serve it with a spoonful of applesauce or fruit cocktail.

This cake is a healthier choice than most other cakes because of the lower saturated fat used (vegetable oil); the lower amount of sugar used; and because it does not need to be iced.

It makes a great choice as a snack for young children because it is easy to eat and does not crumble in the same way as butter cakes.

OR

Have Youth Leader/s or senior members make extra Butter Cakes or cupcakes (from Butter Cake recipe) for decorating in meeting six. Instead of Butter Cake, they could make up a quantity of gingerbread dough, cut out pieces for houses and bake them to be decorated in meeting six.

LEADERS — FYI

Many cake recipes are available, some which include fats and other which do not. On this general basis, cakes can be classified into two broad groups: cakes with shortening and cakes without shortening. However, solid fats, when used in cakes are combined differently and give different cake textures than do liquid fats (oil). Because of this difference in fats, you will find it convenient to classify cakes into three basic types: shortened or butter; sponge or egg foam and chiffon.

SHORTENED OR BUTTER CAKES

The first cakes were made with butter and, therefore, became known as "butter" cakes. Since then, other fats such as margarine and vegetable shortening have been developed and used in cakes. Even today, cakes made with solid fats continue to be called butter cakes whether the fat is butter, margarine or vegetable shortening. Indeed, vegetable shortening is often used in butter cakes due to its lower saturated fat.

Although the conventional or creamed method is the most common and, if done properly, gives a better cake, there are many ways to mix the ingredients for shortened cakes. Here are some of the many different methods.

- **Cake Mixer Method** — The ingredients may be added in any desired order. The fat may be softened and the eggs unbeaten and added to the fat. All the other ingredients are beaten into the fat-egg mixture.
- **"Easy Mix" or "One Bowl" Method** — All ingredients are at room temperature. The flour, baking powder, salt, and sugar (also cocoa & spices) are sifted together into a mixing bowl. The fat, part or all of the milk, and the flavouring are added. These ingredients are beaten vigorously or mixed with electric beaters for 2 minutes. Any remaining liquid and the unbeaten eggs are then added. Beating is continued two more minutes.
- **Sponge Method** — Similar to the conventional method except that the egg or egg white is beaten with part of the sugar and is folded into the batter at the end of the mixing period.

EGG FOAM CAKES

Egg foam cakes are the original "diet" cakes since they contain no fat — being merely beaten egg whites, sugar, flour and flavourings. Careful handling ensures that the air in the whites puffs the batter properly. As much air as they can hold

should be beaten into the egg whites — they should triple in volume. The flour and sugar are sifted at least twice in order to "aerate" them (separate the flour/sugar particles and allow more air into the mixture). The sugar added during the later stages of beating will dissolve into an elastic syrup that strengthens the whites and helps them hold air. Egg foam cakes are baked in tube cake pans because the tube conducts heat to the centre of the batter; without it, large cakes will dry out on the edges before the centre bakes through. Pans for egg foam cakes should never be greased because the mixture needs to cling to the side of the pan as it rises and bakes. If pans are greased, the mixture rises too fast and collapses before baking can solidify the mixture. An egg foam cake is always hung upside down in its pan to cool so that the steam inside can condense on the bottom of the pan and help prevent sticking. The rims of some tube cake pans have legs that hold the pans in the air. If not, suspend the cake by sliding the tube onto the neck of a bottle or inverted funnel.

CHIFFON CAKES

Invented in the 1920s, the chiffon cake was made popular by General Mills in the late 1940s, and called "the first really new cake in 100 years." Named after chiffon fabric because of its light, airy texture, chiffon cakes include ingredients and techniques drawn from the baking of both egg foam cakes and butter cakes. But, they are different from both these cakes in that they contain fat in the form of oil. Chiffon cake batter rises almost as high as egg foam batter because it is leavened not only by the air in beaten egg whites, but also by the carbon dioxide that baking powder produces and by the steam rising from the liquid in the exceptionally moist batter. The fat in the oil and the egg yolks gives the finished cake a moisture and richness not present in egg foam cakes.

CAKE VARIATIONS

The recipes selected for this meeting were chosen to illustrate some of the many different variations and uses for cakes. For example, the Spice Cake shows a hot, plain cake to which only fruit or whipped cream is added and the Swiss Roll shows one of the different ways to bake the batter and shape the cake. Here are some other kinds and ways to use cakes.

- layered
- cupcakes
- fruitcakes
- mousse cake
- cheese cake
- pound cake - a dense cake
- broken up and mixed with custard and fruit as in trifle
- bundt - dense cakes baked in a fluted tube pan
- boston cream pie - actually a layered cake with cream custard filling
- torte - German origin, rich, layered cake with fruit or cream filling

MEETING FOUR

EASY AS PIE

RATIONALE

The purpose of this meeting is to demonstrate the pastry method of combining ingredients for baked products. This method is used for more than just pastry. The temperature of the ingredients — in particular, the fat and the water — is important to the success of pastry method recipes. Pastry is an ancient cooking technique that, even today, has so many uses — not just for apple pie!

OBJECTIVES

1. To learn the pastry method of combining ingredients.
2. Practise the techniques related to the pastry method — cutting the fat in, rolling dough, chilling the fat and water.

PREPARATION AND EQUIPMENT CHECKLIST

Depending on the selection of activities, you or the youth leader should prepare the following.

- | | |
|--|--|
| Resources | <ul style="list-style-type: none">• Consider possible people to demonstrate pastry method. Confirm date and time for demonstration. |
| Demonstrate Pastry Method (Basic Pastry) | <ul style="list-style-type: none">• See page R26, Recipe Booklet, gather ingredients and equipment. |
| Demonstrate Decorating Edges | <ul style="list-style-type: none">• Have extra pastry made up & chilled ready to roll. Have filling made up. |
| Let's Bake | <ul style="list-style-type: none">• Review the recipes, page 26 and decide which one(s) to have members bake. Check that ingredients and equipment are on hand. |
| Digging Deeper | <ul style="list-style-type: none">• Assemble ingredients for Chou Pastry, see page 10. |
| Optional Video | <ul style="list-style-type: none">• A Guide to Delectable Desserts (VHS video, 26 minutes). Kay Spicer shared her secrets for success. She makes a perfect pie crust, delicious pie filling, fruit crisps and crunches, cream puffs and a peach meringue shortcake torte. Available from A.V. Library, Visual Communications Services, OMAF, 52 Royal Rd., Guelph, Ontario N1H 1G3 (519) 767-3622. |

IN A NUTSHELL

Roll Call & 4-H Pledge	5 min.
Demonstration of Pastry Method — Basic Pastry	20 min.
Forming Pie Crusts and Decorating Edges	20 min.
Let's Bake	45 min.
Club Business	10 min.
Tasting/Clean-up	15 min.
Before the Next Meeting	5 min.

120 min.

Optional: Digging Deeper — Make Chou Pastry 40 min.

Possible Recipes: Apple Pie
Strawberry Chiffon Pie
Crumb Crust
Basic Tea Biscuits
Cornish Pasties
Glaze for Fruit Pies

SPECIAL NOTES FOR THIS MEETING

As with all meetings in this project, there are many different ways to make the information fun and interesting for members. This meeting, give some thought to exactly what you want to accomplish and the amount of information your members can absorb in the time given.

You can, as the Leaders' Guide suggests, demonstrate pastry, demonstrate shaping the crust, filling and topping pies and then have the members bake one of the suggested recipes. OR, you can take the recipe for Apple Pie and, with the help of all of the members, put it together. If you do this, set it up so that members work in pairs on sections of the recipe — two people to actually mix the pastry (with comments and suggestions from you on the proper techniques); two people to roll and shape the pastry shell; two people to make the filling; two people to roll pastry for the top and to show decorating the edges. This way of presenting the skills and techniques takes the emphasis off you as the demonstrator, and puts the members more in charge of their own learnings. There is more time for discussion at each stage and the leader can still bring everyone together at key points to show or give specific information where appropriate.

ROLL CALL (5 minutes) page 22

DEMONSTRATE PASTRY METHOD (20 minutes) page 22-23

You can demonstrate the pastry method by hand or using the food processor. Follow steps on page 22 or 23. The main thing to emphasize is that the fat and the water must be cold. Be sure to show and talk about the following techniques:

- using a pastry blender to cut fat into flour by hand
- the "on-off" technique for the food processor.

DEMONSTRATE PIE CRUSTS/DECORATING EDGES (20 minutes) page 24-25

Have extra pastry made up and chilled. You can have each member try their hand at rolling and forming pie crusts or demonstrate how to do it. Discuss the difference between pre-baked shells and two-crust pies. One way to give everyone a try at rolling and shaping is to have each member roll and fill a tart-sized tin. If you have pie filling made up, members can also help in filling and topping the pie or tarts.

LET'S BAKE (45 minutes) page 26

The experience level of the members will determine the recipes you choose for them to bake this meeting. The biscuits are less challenging, while the pasties and pies are more difficult. If a two-crust pie is to be baked, have members divide into 2 groups, one to make the pastry, one to make the filling. If the Chiffon Pie is to be made it may not set by the end of the meeting. Putting it in the freezer will help to shorten the setting time. Or the youth leader or another member might like to make this pie at home and bring it to the meeting. If the apple pie isn't baked in time for members to taste, put it in the freezer until the next meeting.

ANY WAY YOU SLICE IT page 27

This information is included in order to round-out the members' concept of how pastry can be used. It can be discussed while members taste the different products.

BEFORE THE NEXT MEETING (5 minutes) page 27

Explain that for the next meeting, each member is to write out, on a sheet of paper (or recipe card) a family or personal recipe for cookies. This could include brownies and squares. Make sure that they understand that they are to copy the recipe out because they will be changing some of the ingredients next week.

DIGGING DEEPER - OPTIONAL INFORMATION FOR SENIORS, page 9, D.D.

MAKING CHOU PASTRY (40 minutes) pages 9-11, D.D.

Senior members may wish to try making Chou Pastry, page 10, D.D., while the junior members are baking. They can make puffs by dropping the paste onto a greased cookie sheet or éclairs by piping the paste from a pastry bag to form 5 cm logs on the cookie sheet.

Decide what kind of filling you wish to have members make: sweet or savoury. For a sweet filling, have whipping cream on hand to fill the puffs/éclairs and perhaps even a chocolate glaze could be made to top them off.

For a savory filling, get ideas from the appetizer section of cookbooks. Cooked, chopped meat or vegetables can be mixed with mayonnaise or other sauce for stuffing the puffs/éclairs.

MEETING FIVE FEEDING THE COOKIE MONSTER

RATIONALE

The purpose of this meeting is to practice cookie baking methods and to explore basic nutrition principles. By understanding the function of ingredients in baked recipes and some basic principles of nutrition, members can create healthier, yet tasty home baked products. Grains and other complex carbohydrates play a major role in a healthy diet.

OBJECTIVES

1. To learn more about the different kinds of cookies — drop, bar, rolled, refrigerator, pressed, molded and layered bars — that add such depth to the Canadian baking tradition.
2. To review and apply some basic principles of nutrition to cookies.
3. To understand the major role that grains and other complex carbohydrates play in a healthy diet.

PREPARATION AND EQUIPMENT CHECKLIST

Depending on the selection of activities, you or the youth leader should prepare the following.

- | | |
|---------------------------|--|
| Project Completion | <ul style="list-style-type: none">• Read the note on page 44, this Guide. If you want members and parents/guardians to complete the Project Summary sheet, copies should be given out at this meeting. |
| Let's Bake | <ul style="list-style-type: none">• Review the suggested recipes, page 29 and decide which one(s) to have members bake. Check that ingredients and equipment are on hand. |
| Grains and a Healthy Diet | <ul style="list-style-type: none">• Enlarge the grain kernel diagram. Order the grain samples kit from the A.V. Library if you plan to use it. |
| Making Recipes Healthier | <ul style="list-style-type: none">• You may want to invite a nutritionist or dietitian to help with this activity. |
| Digging Deeper | <ul style="list-style-type: none">• Assemble ingredients for The Gluten in Flour experiment. |
| Optional Tour | <ul style="list-style-type: none">• Members might like to tour a flour mill or a farm that grows some of the different types of grain (ie, amaranth, spelt, quinoa, triticale). Investigate possible tour locations. |

Optional Video

- A Guide to Good Cookies and Cakes (VHS video, 26 minutes). Kay Spicer makes chocolate chip cookies, pecan logs, refrigerator cookies, oatmeal cookies, gingerbread men and some cakes for special occasions. Available from the A.V. Library, Visual Communications Services, OMAF, 52 Royal Rd., Guelph, Ontario N1H 1G3 (519) 767-3622.

IN A NUTSHELL		
Roll Call & 4-H Pledge		5 min.
Let's Bake		40 min.
Plain Grain Talk and Cereal Grains that Produce Flour		20 min.
Making Recipes Healthier		20 min.
Club Business		10 min.
Tasting/Clean-up		15 min.
Before the Next Meeting		5 min.
		<hr/>
		120 min.
Optional:	Digging Deeper — The Gluten in Flour	40 min.
Possible Recipes:	Applesauce Squares	
	Sugar Cookies	
	Oatmeal Cookies	
	Chocolate Chip Cookies	
	Peanut Butter Cookies	

ROLL CALL (5 minutes) page 28

LET'S BAKE (40 minutes) page 29

The possible recipes include a rolled cookie, a square and dropped cookies. If you have access to a cookie press you might want to demonstrate how it works. While members are baking, discuss the types of cookies and their differences.

PLAIN GRAIN TALK and CEREAL GRAINS THAT PRODUCE FLOUR

(20 minutes) page 30-31

Post a large diagram of a grain kernel. Have members identify the bran, germ and endosperm and discuss the nutrients found in each. Review the recommendations for grain products on Canada's Food Guide To Healthy Eating. A copy of the Guide is attached to each Members' Manual.

A kit of grains and identification cards is available from the A.V. Library, Visual Communications Services, OMAF, 52 Royal Rd., Guelph, Ontario N1H 1G3 (519) 767-3622. Members are to look at the grain sample and select the card that matches it.

OR

Make up a set of cards with the grain name on one card and the description on another. Categories could be colour coded to make it easier for members. For example, cereal grains that produce flour and their descriptions could be on one colour, other grains could be on a second colour and processing descriptions in Plain Grain Talk could go on a third colour. Or split these categories between three groups of members. Once they get them matched the group can report their findings to the rest of the club.

Some of this information could be covered in a trip to a flour mill or a farm growing one or some of the different grains.

MAKING RECIPES HEALTHIER (20 minutes)

Members were asked to bring their favourite cookie recipe. Have them pair up and look at the recipes. Each pair should suggest at least two changes that would make the recipe healthier. The Tips for Healthier Baking in the M'm M'm Muffins meeting, page 13, may be helpful. If members plan to bake these recipes, take a look at them to see if the recipe should work.

You may want to invite a nutritionist or dietitian to help with this activity. Senior members might be interested in Nutrient Equivalent Tables and calculating the nutritional value of their "Healthier" cookie recipe versus the original version.

BEFORE THE NEXT MEETING (5 minutes) page 32

It is hoped that each member will want to try out their favourite cookie recipe with the healthy changes. In addition, one of the other activities should be encouraged. Keeping a record of the amount and kind of grain products they eat will be a worthwhile activity for members as it brings the recommendations home to them.

If some members do record their grain products consumption, it would be beneficial for the whole group to spend some time, next meeting, discussing their conclusions drawn from this activity.

DIGGING DEEPER - OPTIONAL INFORMATION FOR SENIORS, page 12 D.D.

THE GLUTEN IN FLOUR (40 minutes) page 13, D.D.

The elastic, web-like structures that the proteins in flour form are easily identified by this activity. Senior members will clearly see the difference in the size, texture and nature of the dough balls from all-purpose, cake and pastry and bread flour.

The protein of flour absorbs water up to 200 percent of its weight, so that it swells and develops into an elastic sticky dough. Senior members should see that the bread flour will take more water to form the ball than the cake & pastry flour. This is because bread flour has more proteins than cake and pastry flour.

From this activity, they should be able to conclude that bread flour and all-purpose flour have a significantly greater amount of gluten (as evidenced by the stronger, more elastic dough balls). They should also be able to reason that cake and pastry flour should only be used for more delicate products such as cakes, cookies and pastry.

LEADERS - FYI

Cake & pastry Flour is milled from soft wheat. The protein content is low and the granulation is uniform and fine. It is better suited for use in products in which baking powder or soda is used as the leavening agent. Cake flour is starch-white, very fine, almost powdery and holds its shape when pressed lightly with the fingers.

Bread Flour is hard-wheat flour and the quality and quantity of the proteins is significantly greater than soft wheat flour. Because of the nature of the protein present in bread flour, it is sufficient to develop the gluten necessary for bread making. The dough made from bread flour will have tenacity, cohesiveness, and elasticity. It will stretch and expand, manifesting a rubbery consistency that will not break or collapse. A good bread flour is creamy-white, and when rubbed between the fingers is somewhat granular. When pressed lightly in the hand, it will not hold its shape.

All-Purpose Flour is refined and is usually milled from hard wheats but may be milled from a blend of hard and soft wheats. It can be used for most baking.

Enriched Flour is white flour with specified amounts of thiamine, riboflavin, niacin and iron added. It may also have calcium and possibly an amino acid, lysine, added. Enriched flour is, as far as is known, equal in nutritive value to whole wheat flour except for the absence of fibre.

MEETING SIX

BATTER UP!

RATIONALE

There is such a tremendous sense of pride and accomplishment that comes from planning, preparing and enjoying home baked products, that the traditional skills should be learned, practised and incorporated into a healthy lifestyle. Family traditions often include a decorated cake for special occasions. Members can practise some traditional techniques for cake decorating or try some less formal ideas.

OBJECTIVES

1. To have fun and savour the sights, sounds, smells and taste of baking.
2. To investigate storage principles for baked products.
3. To learn more advanced techniques of cake decorating.

SPECIAL NOTES FOR THIS MEETING

There is not enough time in this meeting to bake a cake, watch a decorating demonstration and decorate a cake, unless you have a longer meeting. If that isn't possible, whatever members decorate needs to be prepared prior to the meeting.

Some options would be: youth leader, leaders or senior members could make cakes in meeting three to freeze and decorate at this meeting; everyone would bring a cake already baked; large cakes could be cut in thirds or fourths so not as many cakes are needed for everyone to have something to decorate; or members could decorate cupcakes.

Another suggestion for this meeting is to decorate large, rolled and fancy-cut seasonal (Valentines, Christmas, or St. Patrick's Day) cookies or gingerbread cookies/house. Youth leader, leaders, senior members or other members could make, roll and bake the cookies/house pieces at a previous meeting, store carefully and decorate at this meeting.

PREPARATION AND EQUIPMENT CHECKLIST

Depending on the selection of activities, you or the youth leader should prepare the following.

Demonstrate Decorating
Techniques

- Consider possible people to demonstrate cake decorating. Confirm date and time for demonstration. Decide on the shape of the cake you will demonstrate and bake in advance the cakes you will need to cut the shape you want.

- You will need:
 - cardboard, heavy-duty aluminum foil and tape for the cake board
 - a design or pattern for the shape of the cake
 - medium-size sharp knife, strips of waxed paper
 - Royal Icing, page R41 — have a quantity made up, split up into small bowls, food colouring
 - pastry bag & decorative tip (or tube) or paper piping cone

Practise Cake Decorating Techniques

- Confirm that cakes, cookies or cupcakes will be ready prior to the meeting. Assemble ingredients and equipment. Royal Icing could be made prior to the meeting.

Achievement Program Planning

- Gather any information needed to prepare for this program.

Digging Deeper

- Assemble ingredients for Swiss Roll and decorations if needed.

IN A NUTSHELL		
Roll Call & 4-H Pledge		5 min.
Cake Decorating Techniques - Demonstration		20 min.
Shaping & Decorating the Cakes		50 min.
Wrap-up: Charts, Recipe Log		15 min.
Club Business		5 min.
Achievement Program Planning		10 min.
Tasting/Clean-up		15 min.
		120 min.
Optional:	Digging Deeper — Make Swiss Roll	40 min.

ROLL CALL (5 minutes) page 33

FYI

The custom of burning candles on birthday cakes seems to have originated in Germany where celebrants had adopted the ancient Roman respect for the mystical powers of flame. German bakers adorned their birthday pastries with a lebenslicht, a large candle that represented the light of life. Surrounding the single large candle were as many small ones as the birthday child had years. It was considered unlucky for anyone but the child to blow out the lebenslicht. The child made a wish, knowing it would be granted in as many months as it took puffs to blow out all the candles.

CAKE DECORATING TECHNIQUES (20 minutes) page 34-35

Demonstrate how to shape a cake, apply crumb coat and decorating techniques. Include some of the simple decorating methods as well as an icing bag and tube.

SHAPING & DECORATING THE CAKES (50 minutes)

Royal Icing, page R41 can be demonstrated or made prior to the meeting. If all ready made, show them the difference between the soft icing stage and the stiff stage. Members can use the remaining time to decorate their cakes, cookies or cupcakes. Encourage them to be creative rather than worrying about forming shapes perfectly with the tubes.

WRAP-UP (15 minutes)

Have members refer to the chart of Baking Methods, page 36. This chart summarizes the methods and techniques that have been outlined in this project. Go over each method and review the items that make it different from the other methods.

Then look at the chart for Storing Baked Products, page 37. Highlight some key points from this chart for members but don't read each one. While the junior members are discussing the charts, you could have the senior members collaborate to write and perform (or use a tape recorder and background music) a rap song on baking.

To get them started:

I like to bake — pies and cakes
Cookies and muffins, biscuits and flan
They're all my thing — understand me man?

How do I find the time to bake?
I make the time, I'm no fake!

Have members talk about their Recipe Log, page 38, and the recipes they tried. Try to have each member talk about at least one recipe — whether it be a favourite, one they did not like, one that they found hard to make, one they found easy and would make again, one that their family liked the best, one they could make with young children or one that they thought was healthy.

IT WORKED FOR US!

Your experience in leading this club would be helpful to another leader in your area. You are encouraged to make some comments about the project, what resources you discovered locally and the members' feelings about the project and pass this information on to your 4-H Association. The Resource Development Committee of the Ontario 4-H Council is interested in your comments too. Their address is in your Leaders' Guide, page 8.

Take a few minutes at the last meeting to do an informal evaluation with members. One way to do this is to ask them to complete one/all of the following sentences.

- I joined this club because ...
- I really enjoyed ...
- I didn't enjoy ...
- I had a hard time ...
- My favourite meeting activity was ...
- My least favourite meeting activity was ...
- If I was to take this project again, I would change ...
- My favourite recipe was ...
- My least favourite recipe was ...
- I learned ...
- I've changed ...
- I'm glad ...

ACHIEVEMENT PROGRAM PLANNING (10 minutes)

List all of the tasks that must be done for the Achievement Program. Set deadlines and dates for each task.

DIGGING DEEPER - OPTIONAL INFORMATION FOR SENIORS, page 14 D.D.

MAKE SWISS ROLL (40 minutes) page 15-18, D.D.

Senior members might like to try this special occasion cake. They can make the Swiss Roll and have fun trying out the decorating techniques on the roll.

PROJECT COMPLETION

A Certificate of Completion and a Project Summary have been included in this Guide, pages 45-46. Your signature on either of these indicates you feel the member has completed the project to the best of his/her ability. Space is provided for you to add some individual comments to offer encouragement to the member. The Project Summary sheet also asks for written feedback from the member and his/her parents/guardians. (The questions on this sheet have been selected from the informal evaluation sentences, listed above.) Select whichever sheet best meets your needs and make copies for the members.

THANK YOU FOR BEING
A VOLUNTEER 4-H LEADER!

BASIC BAKING

Congratulations on successfully completing
this 4-H project.

Date

Club Leader's Signature

PROJECT SUMMARY - BAKING

(complete at the end of the project)

A. Member Comments:

1. I joined this club because ... _____

2. I really enjoyed ... _____

I didn't enjoy ... _____

3. If I was to take this project again, I would change ... _____

4. I learned ... _____

5. I'm glad ... _____

B. Parent/Guardian Comments: _____

C. Leader Comments: _____

This project has been completed satisfactorily.

Member _____ Leader _____

Date _____ Leader _____

Batter Up!



Name _____ Age _____

Club _____



Ontario
4-H Council



Ontario
Ministry of Agriculture,
Food and Rural Affairs

4-H 180 94 ME

The primary purpose of the 4-H program is the personal development of youth in rural Ontario.

THE 4 -H PLEDGE

"I pledge
My Head to clearer thinking,
My Heart to greater loyalty,
My Hands to larger service,
My Health to better living,
For my club, my community and my country."

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This project was prepared by
Pat Crocker, Mount Forest
for the Ontario 4-H Council and the Ontario Ministry of Agriculture and Food
With Special Thanks to the Advisory Committee:

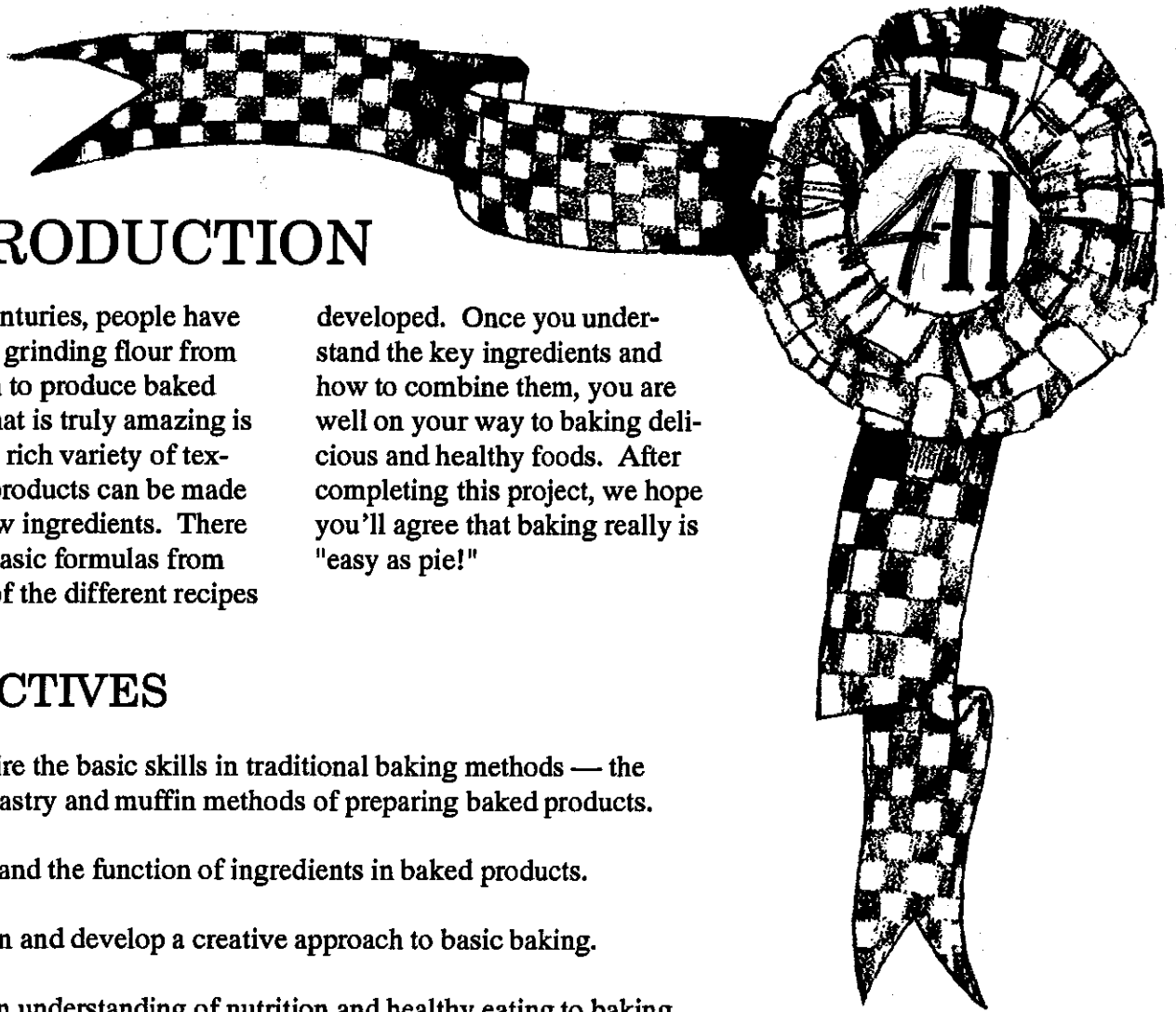
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Karen Cornell	4-H Leader	Delaware
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Illustrations by Gary McLaughlin, Riversong Studios, Mount Forest.

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This project was jointly funded by the Ontario Ministry of Agriculture and Food and Agriculture Canada.

ISBN 0-7778-2206-7





INTRODUCTION

For centuries, people have been grinding flour from grain to produce baked foods. What is truly amazing is that such a rich variety of textures and products can be made from so few ingredients. There are some basic formulas from which all of the different recipes

developed. Once you understand the key ingredients and how to combine them, you are well on your way to baking delicious and healthy foods. After completing this project, we hope you'll agree that baking really is "easy as pie!"

OBJECTIVES

To acquire the basic skills in traditional baking methods — the cake, pastry and muffin methods of preparing baked products.

To understand the function of ingredients in baked products.

To have fun and develop a creative approach to basic baking.

To apply an understanding of nutrition and healthy eating to baking.

To realize the important part grains play in healthy daily eating habits.

To experience the satisfaction of learning about, preparing and sharing home baked products.

To further develop your leadership skills.

GENERAL REQUIREMENTS

A member will complete a project satisfactorily by:

1. participating in at least 2/3 of his/her own club meeting time;
2. completing the project requirements to the satisfaction of the club leader(s);
3. taking part in an Achievement Program.

BAKING REQUIREMENTS

Junior members will make at least three recipes: one recipe from any of the main techniques (pastry, muffin, cake & cookie).

Senior members will make at least four recipes: one recipe from each technique (pastry, muffin, cake & cookie).

OPTIONAL ACTIVITIES

Here are some other activities you can try if you want to expand your baking skills.

1. Start a healthy baking recipe file. Look for recipes that include whole grains, wholewheat flour, a non-traditional grain, bran, less fat, less sugar, carob, yogurt, fruit or vegetables.

Aim for at least two recipes from each of the four traditional methods (pastry, muffin, cake & cookie) for your file, and try at least one of the recipes at home.

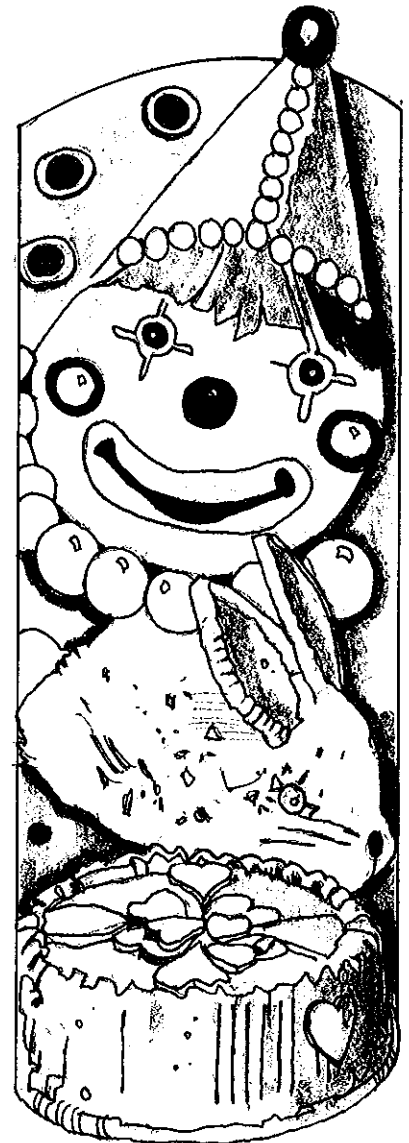
2. Change an existing recipe to make it healthier. Try out the revised recipe and evaluate the results.
3. Close your eyes for a few minutes and ask yourself, "If I were a cake, what would I be?" This activity is to bake a "ME CAKE." First, choose the kind and flavour of cake you like most of all. Consider the following kinds of cake to choose from:

- angel/devil's food cake
- layer cake
- jelly roll cake
- cupcakes
- buttercake/coffee cake/pound cake/fruit cake
- cheesecake/mousse cake.

Next, decide on the shape you would like your cake to take. You might bake it in a circle or square and cut it after it cools. Some shapes to think about are as follows:

- the shape of a book/tool/vehicle
- heart-, square-, diamond-, sun-, moon-, star-shaped
- cupcakes decorated with symbols of things you love to do
- the shape of a number/flower/animal
- ornately decorated/decorated with objects from nature
- decorated with an icing portrait of you or your sun-sign
- decorated with a coat of arms that stands for you
- decorated with a symbol of the occupation you would like to pursue.

Have someone take a picture of you with your finished cake. In addition, take a picture of just your cake, bring it anonymously to a meeting and have the other members guess whose cake it is.



MEETING SCHEDULE

	DATE	TIME	PLACE
MEETING ONE			
MEETING TWO			
MEETING THREE			
MEETING FOUR			
MEETING FIVE			
MEETING SIX			
ACHIEVEMENT PROGRAM			

The 4-H Resource Development Committee of the Ontario 4-H Council reviews and evaluates 4-H resources. Comments and suggestions about 4-H manuals and guides are always welcome. They may be sent to the following address.

4-H Resource Development Committee
c/o Guelph Agriculture Centre
P.O. Box 1030
Guelph, Ontario
N1H 6N1



GET INVOLVED

Be willing to let your name stand for an executive position. It is a rewarding and fun experience. Following your club's elections, complete this club executive chart.

CLUB EXECUTIVE

Office	Name	Phone
PRESIDENT	_____	_____
VICE-PRESIDENT	_____	_____
SECRETARY	_____	_____
TREASURER	_____	_____
PRESS REPORTER	_____	_____
OTHER	_____	_____

CLUB MEMBERSHIP

Members, Phone	Members, Phone
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



Leaders, Phone	Leaders, Phone
_____	_____
_____	_____

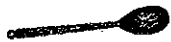
OMAF Contact, Position, Phone

MEASURE UP!

ROLL CALL

Name the baked product you were given and read the description you picked.

BAKER'S KIT



WOODEN SPOON

To stir/beat/cream ingredients and to stir mixtures over the stove. The wood won't get hot.



WHISK

To beat eggs or other ingredients.



EGG BEATERS

To beat whole or separated eggs.



SMALL MEASURES

To measure small amounts of dry or liquid ingredients.



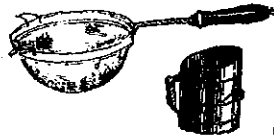
LIQUID MEASURE

To measure liquid ingredients.



DRY MEASURES

To measure dry ingredients.



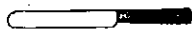
SIEVE/SIFTER

A tool that separates clumps of flour, sugar and other dry ingredients.



RUBBER SPATULA

To stir/fold ingredients and to clean bowls and other utensils by scraping.



METAL SPATULA

To level dry ingredients when measuring and to frost cakes.



PASTRY BLENDER

To cut fat into dry ingredients when making pastry mixtures. Substitute two knives for this utensil, or rub fat into dry ingredients with fingers.



ROLLING PIN

To roll dough to an even thickness.



WIRE RACK

Used to cool baked products. Air circulates all around the product.



BUNDT CAKE PAN

Used to bake dense cakes. Tube in center helps cake cook evenly.



SQUARE CAKE PAN

To bake square cakes. Usually one recipe fills one square cake pan.



TUBE PAN

To bake egg foam cakes in the shape of a tube (with a hole in the center). Legs allow pan to rest upside down to cool.



LAYER CAKE PAN

To bake round, shallow cakes for layering. Usually one recipe fills two layer cake pans.



SPRING-FORM PAN

A metal pan that separates into two pieces for easy removal of cake after it is baked.



JELLY ROLL PAN

To bake cake in a shallow oblong so that it can be filled and rolled.



COOKIE SHEET

Used to bake cookies.



MUFFIN TIN

A metal tin with wells for forming muffins. Fill wells 2/3 full with batter.



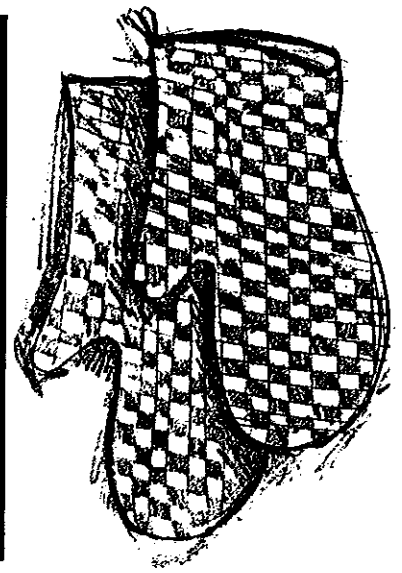
LOAF PAN

To bake quick breads, meat loaves and yeast breads.

BAKER'S BELIEFS

I pledge to ALWAYS READ THE RECIPE THOROUGHLY and then:

1. Assemble ingredients,
2. Gather utensils,
3. Make sure ingredients are at the correct temperature,
4. Complete preparation of ingredients such as chopping nuts, separating eggs, melting fat,
5. Preheat oven and check temperature accurately,
6. Measure accurately, and
7. Follow instructions carefully.

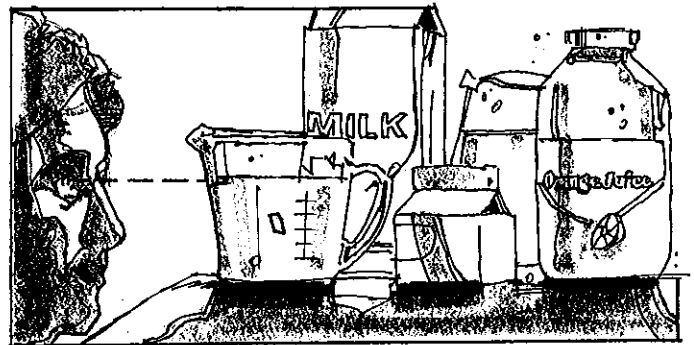


MEASURE UP!

TO MEASURE LIQUIDS

1. Place liquid measure on counter and pour in liquid to desired level.
2. Bend down to check measurement at eye level.

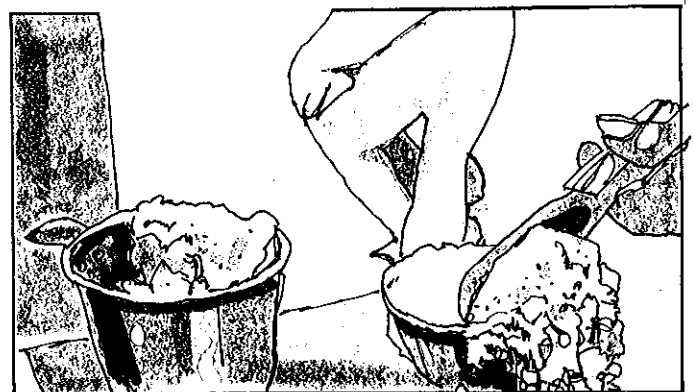
All liquids — milk, juice, water, oil, etc. — would be measured this way.



TO MEASURE DRY INGREDIENTS

1. Spoon the ingredient into the right size measure.
2. Level off with the straight edge of a knife.

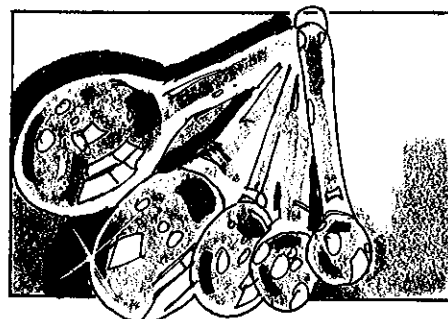
Flour, sugar, oatmeal and bran are measured this way. Brown sugar is the only dry ingredient that is packed into the measure.



TO USE SMALL MEASURES

1. Scoop the ingredient into the right size small measure.
2. Level off with the straight side of a knife.

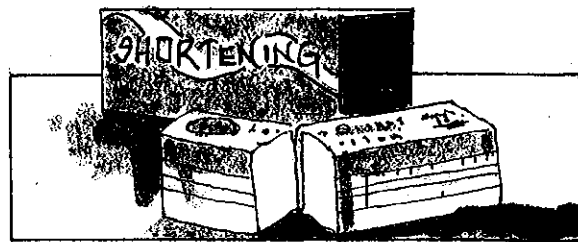
Leaveners, flavourings, salt and small amounts of wet or dry ingredients would be measured this way.



MEASURE UP!

TO MEASURE FATS

1. For firm fats that are still in a solid block, such as butter, shortening, lard and margarine, it's easiest to slice off the amount required using the package markings as a guide.
2. For soft fats such as margarine, scoop the fat into a dry measuring cup. Level off with the straight edge of a knife.
3. You can also measure hard fats using the water displacement method.

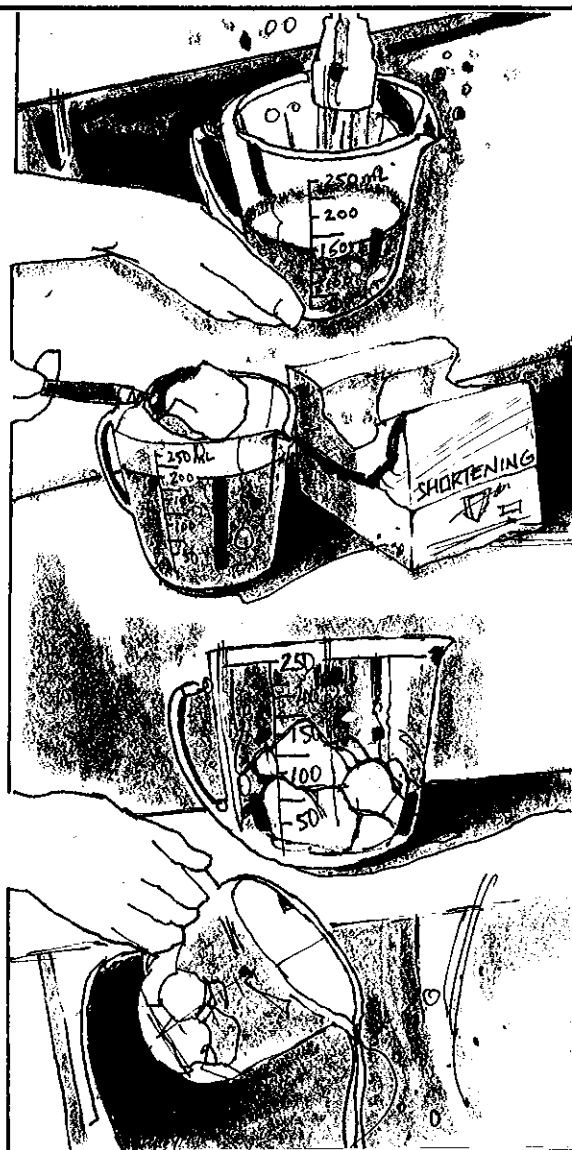


WATER DISPLACEMENT METHOD

The water displacement method of measuring is more accurate than using the package markings.

To measure 100 ml of shortening using the water displacement method follow these steps.

- 1 Measure 150 ml of cold water into a 250 ml liquid measure.
- 2 Spoon the shortening into the water in the measure, making sure that the shortening is completely below the water.
- 3 Keep adding the shortening until the water has risen to the 250 ml mark. This means that you have exactly 100 ml of shortening. Always read at eye level.
- 4 Drain the water from the shortening.



INGREDIENTS

When you combine the ingredients for a cake, muffins, cookies or pie product, a chemical reaction takes place. This chemical reaction actually transforms the ingredients into a new structure. Here's what part the ingredients play in that chemical transformation.

INGREDIENT	WHAT IT DOES	SOURCES
FLOUR	Gluten (pronounced "gloo-ten") is an elastic substance formed from the protein in flour. It gives structure to the baked product. Flour is the ingredient used in the largest quantity.	All Purpose Cake & Pastry Wholewheat Whole Grain
FAT	Contributes to the tenderness of baked goods. Forms layers which separate starch and gluten, adding flavour and rich texture.	Butter Margarine Lard Vegetable Oil Vegetable Shortening Eggs
LIQUID	Provides the moisture necessary for gluten development and dissolves the dry ingredients for blending.	Water Milk Fruit Juice Vegetable Water Eggs
LEAVENER	Produces air, steam or carbon dioxide gas which cause the gluten structure to rise. Produce a light and porous texture in baked goods.	Yeast Baking Powder Baking Soda Egg White
SWEETENER	Gives flavour, improve texture and help flour products to brown.	Sugar — white/brown Molasses Corn Syrup Maple Syrup Honey
FLAVOURING	Adds taste and sometimes texture to baked products.	Spices & Herbs Extracts Nuts/Chocolate Fruit/Vegetables

LET'S BAKE

RECIPES

Fudgy Brownies (microwave)

Brownies (conventional)

Veggie Squares



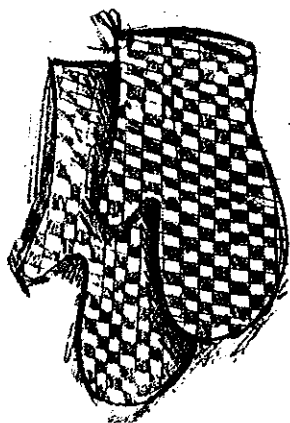
TECHNIQUES

SHIELD: If using a square pan to microwave, place strips of aluminum foil over the edges of the pan to keep the corners of the product from over-cooking.

INVERT SAUCER: Place dishes to be cooked in the microwave on an upside down saucer. This lets the waves cook the bottom as well as the sides and top.

ROTATE: If your microwave oven does not have a turntable that rotates as the food cooks, stop the cooking every minute or two and turn the dish one quarter turn. This helps the food to cook more evenly.

BETTER BAKING TIPS



BAKING PANS

Successful baking depends to some degree on using the correct kind and size of pan. If the pan is too small, the mixture could overflow, the top might crack and form a peak or the cake may sink in the middle because it is not cooked right through. A cake baked in a pan that is too large will be pale, flat and shrunken. The depth is as important as the diameter because cakes in shallow tins take less time to bake. Therefore, be sure to use the pan sizes as specified in recipes or remember to alter the cooking time and test for doneness

10 minutes before, if using shallow pans.

If the right size pan is not available make sure the batter at least half fills the pan and is never more than two thirds full. Make cupcakes with extra batter.

METAL BAKING PANS

Most baking pans are made of tinned steel, black steel, stainless steel, aluminum or heavy steel, coated with nonstick silicone. Older pans (especially molded pans like muffin tins) might be cast iron. Tinned steel darkens with continual use. This improves the baking performance,

because dark colours absorb heat instead of deflecting it.

GLASS BAKING PANS

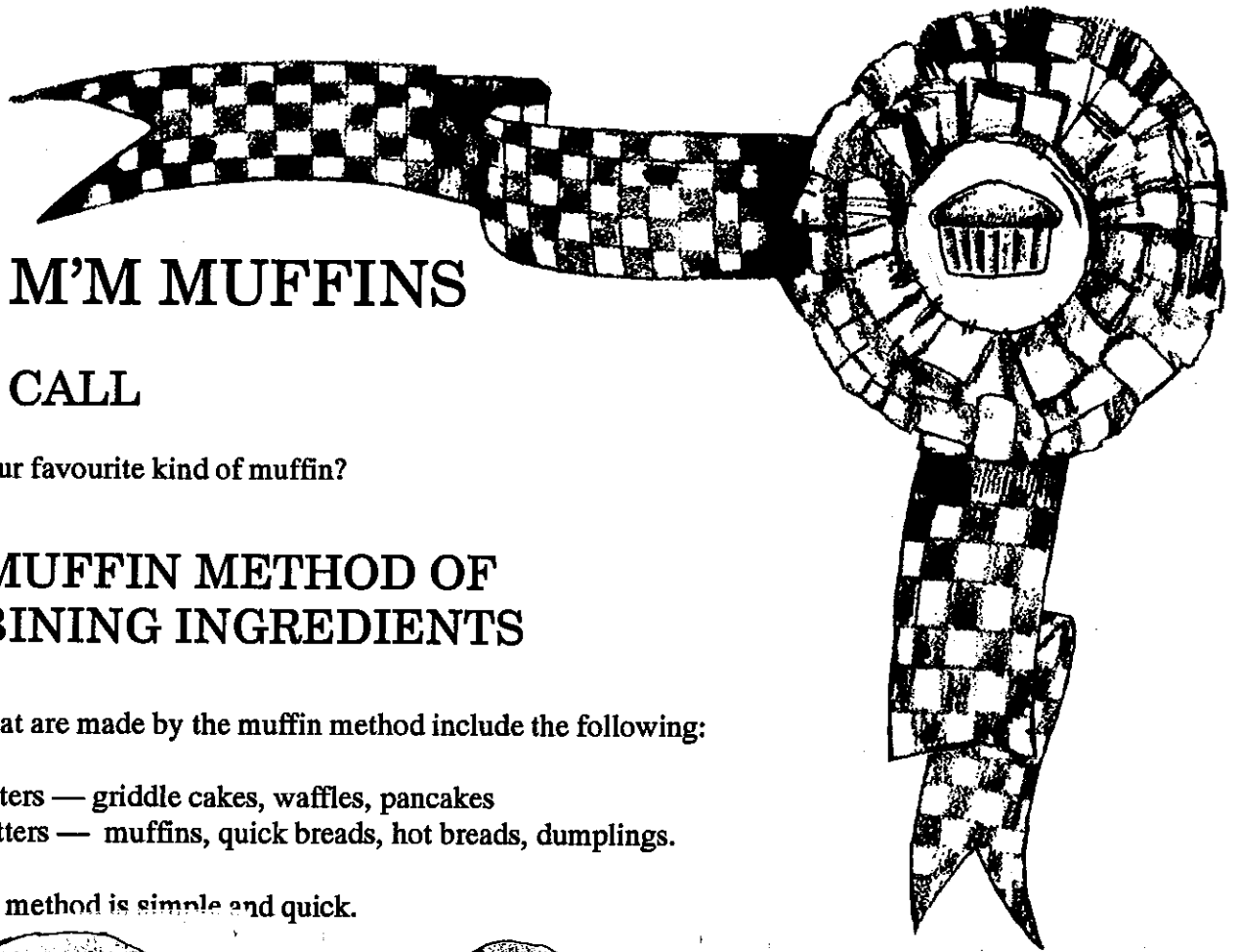
You may have square or oblong pans and round pie plates made of glass. Glass does not conduct or transmit heat well and so is not the best material for baking cakes. Glass pie plates are great for baking pie shells as they will brown slower than if they were in a metal pan. If you must use a glass pan for cakes or quick breads, lower the temperature by 15°C (25°F) and test for doneness at the recommended time.

BEFORE THE NEXT MEETING

Complete one of the following activities.



1. Junior members should complete three recipes at home during this project. Senior members should complete four. This is a good time to try a new cake or cookie recipe. Look for different and interesting recipes in magazines, the newspaper or from cookbooks. The Recipe Booklet has lots of recipes to try too.
2. Check the Baker's Kit on page 5. Check off each piece of equipment you have at home. For each piece that you do not have, think of something you could use instead. Perhaps there is someone who would lend you equipment to use during the project.
3. Talk to neighbours, family and friends about baking in pioneer times. See if someone you know has old baking equipment — cast iron griddles, biscuit molds, waffle irons, tin pie plates; wooden spoons; antique mixing bowls and other tools. Bring in pictures or the actual item to show the club. OR, visit a pioneer village or museum to get a glimpse of how baking was done in early times.



M'M M'M MUFFINS

ROLL CALL

What is your favourite kind of muffin?

THE MUFFIN METHOD OF COMBINING INGREDIENTS

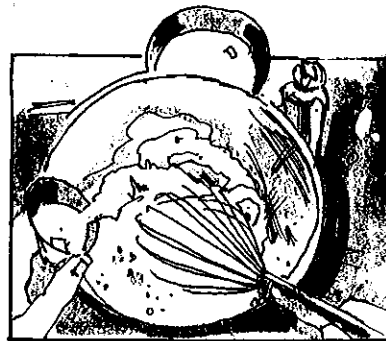
Products that are made by the muffin method include the following:

- Pour Batters — griddle cakes, waffles, pancakes
- Drop Batters — muffins, quick breads, hot breads, dumplings.

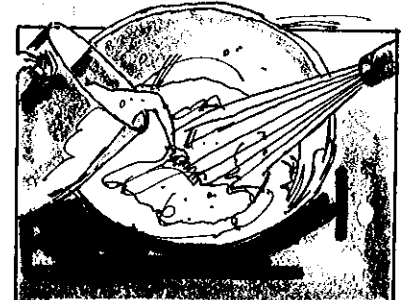
The muffin method is simple and quick.



- 1** Measure dry ingredients. Sift into a large bowl. Stir to combine. Make a well in the center of the flour mixture.



- 2** In a medium size mixing bowl, beat eggs. Stir in melted fat and milk.



- 3** Pour liquids into the well made in the dry ingredients and mix. **DO NOT OVER-MIX.**

LET'S BAKE

RECIPES

Ontario Berry Muffins
Peanut Butter & Jam
Muffins
Basic Bran Muffins
Apricot Loaf
Cheddar Cheese Loaf

TECHNIQUES

MAKE A WELL: To make a hole with a spoon in the center of the dry ingredients.

M'm M'm MUFFINS BY ME



Just when and why hot breads originated is not known, but most countries have their traditional favourites. For example, from Scotland come scones and from the Southern U.S.A. come spoonbread and cornbread — all made by the muffin method. Muffins and quick breads are often varied by the addition of other ingredients. Here are some suggestions for changing a basic berry muffin recipe. As you read the list, can you think of other ingredients to substitute?

INGREDIENT SUBSTITUTIONS

FLOUR

Use spelt flour instead of whole wheat (for more information on spelt flour, see page 31)

Use half whole wheat, one quarter bran and one quarter oatmeal

HONEY

Use 75 mL honey and 50 mL applesauce instead of 125 mL sugar

Try corn syrup, maple syrup or molasses instead of honey

MILK

Use half low fat yogurt, half milk

Use half low fat sour cream, half milk

Try buttermilk

SAVOURY

In place of berries, try:

Minced, crisply cooked bacon

Minced, cooked ham, turkey or chicken

Grated cheese (use twice the amount of berries)

OTHER FRUIT

Peeled, chopped apples, pears or peaches plus cinnamon

Use cranberries or other Ontario native berries

Use rhubarb, cherries or plums

VEGETABLES

In place of the berries, try any one of the following:

Peeled, shredded carrots, beets or zucchini (use twice the amount of berries)

Shredded onion and grated cheese (to equal twice the amount of berries)

Here's how to substitute ingredients in recipes. Look at the recipe for Ontario Berry Muffins in the Recipe Booklet. Substitute similar ingredients and keep the original measurement the same. For example, if you want to substitute chopped apples for the blueberries, simply change 125 mL blueberries to 125 mL peeled, chopped apples. If adding savoury ingredients or vegetables, do not add the sugar.



BETTER BAKING TIPS FOR HEALTHIER BAKING

FAT

Reducing fat intake is a major goal of Canada's nutrition recommendations. Here are some ways to reduce fat (and to reduce saturated fat) in baked products.

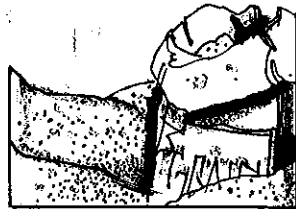
- Use carob instead of chocolate. The fat content in carob is 2% vs. 52% in chocolate.
- Substitute skim, evaporated skim or low-fat milk for whole milk and cream except where whipped cream is to be made.



- Substitute drained low-fat yogurt for sour cream.
- Spread less butter or margarine on bread, buns, bagels or muffins.
- Use canola oil where vegetable oil is called for. It has the lowest saturated fat content of any vegetable oil.

GRAINS

Often, when a grain is being made into flour, it is refined. This means that the outer layers of bran (and most of the nutrients) have been removed. Most refined flours have been enriched (the nutrients added back) but the fibre is still missing.



Canada's nutrition recommendations include whole grain products such as whole wheat, oats, barley or rye, because they are high in starch and fibre and because whole grains have more nutrients than refined products. Try these to improve the quality of grains in baked products.

- Add 30 mL bran to 250 mL all-purpose flour. It helps boost fibre and nutrients.
- Use whole wheat flour for up to half the all-purpose flour in recipes. Whole wheat flour contains 11.4 g fibre per 250 mL versus 4.7 g per 250 mL in all-purpose flour.
- Substitute oatmeal flakes or rye or whole spelt flour for up to one third the all-purpose flour in recipes.
- Substitute cornmeal for up to one quarter the all-purpose flour in recipes.
- Substitute spelt flour for all of the all-purpose flour in recipes, but increase the liquid slightly.

OTHER COMPLEX CARBOHYDRATES

Vegetables and fruits are also rich in complex carbohydrates and fibre. Here's how to increase complex carbohydrates in baking.

- Add 50 mL grated vegetables such as carrots or zucchini to packaged bread, pancake and muffin mixes;
- Add 125 mL chopped, dried apples, pears, apricots or other fruit to cookie, muffin, pancake and some cake recipes.



MISCELLANEOUS

- Add 30 - 60 mL skim milk powder to 250 - 500 mL dry ingredients in baked goods to increase calcium intake.
- Replace half of maple syrup or liquid honey with an equal amount of unsweetened applesauce.
- Use carob instead of chocolate as it contains no caffeine or sugar.
- Add 30 - 50 mL low fat plain or flavoured yogurt to any whole grain baking mix. It produces a moister texture in the finished product.
- Choose canned fruits packed in juices (not syrup) for toppings and fillings for baked products instead of icing.
- Substitute low-fat milk for water in baking mixes.

LET'S COMPARE

You like to have a muffin for lunch. But you're not sure if you should take the time to make them from scratch or go and buy a mix or already baked muffins. What are all the things you need to take into consideration to decide between convenience products and muffins made from "scratch?"



1. NUTRITION

What makes a muffin "healthy"? Think about it for a minute. If you answered, "the ingredients," of course, you were right!

You will need to compare the recipe ingredients and the ingredients on the mix package. Ask at the bakery what ingredients are in their muffins.

Compare the three. What ingredients are different? What ingredients are the same?

Which product is most nutritious? How might you change a home-made recipe or mix to make it more nutritious?

2. COST

How much did each kind of muffin cost?

3. CONVENIENCE

What mixes of muffins are available?

What types of muffins are available ready-made?

What are you looking for in a mix? In a ready-made muffin? How do you judge the quality of muffins?

How long did it take to make and/or buy the muffins?

4. APPEARANCE/TASTE

Which muffin has the best appearance and texture?

Which muffin is most tender?

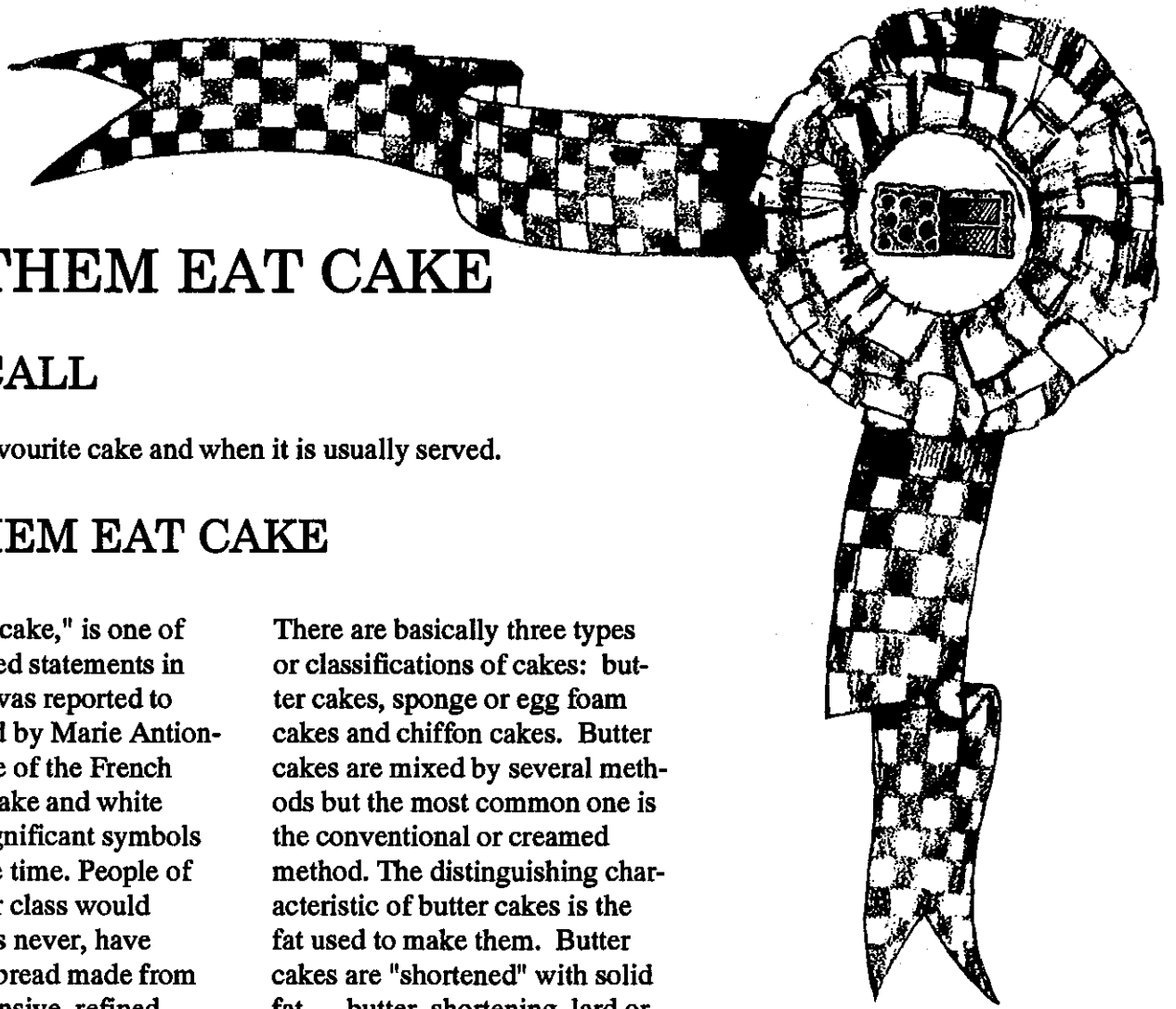
Which muffin tastes the best?

BEFORE THE NEXT MEETING

Complete one of the following activities.

1. Take a basic muffin recipe and change or add some ingredients. Test out your muffins on your family or friends. Record their comments in the Recipe Log, page 38.
2. Visit the bakery department of a grocery store and note the different quick breads and muffins available. You might want to divide your list into three categories: Muffins & Quick Breads from Mixes; Muffins & Quick Breads from Frozen Products; Muffins & Quick Breads Ready-made.





LET THEM EAT CAKE

ROLL CALL

Name your favourite cake and when it is usually served.

LET THEM EAT CAKE

"Let them eat cake," is one of the most quoted statements in history. This was reported to have been said by Marie Antionette at the time of the French Revolution. Cake and white bread were significant symbols of status at the time. People of the large, poor class would rarely, perhaps never, have eaten cake or bread made from the more expensive, refined white flour.

As symbols of celebration, as prizes, as part of rituals and as special occasion markers, the cakes baked today are the end products of centuries of refinement. Cakes date back in history at least 10,000 years. These delicacies spread from the east to the west with the development of the great trade routes.

There are basically three types or classifications of cakes: butter cakes, sponge or egg foam cakes and chiffon cakes. Butter cakes are mixed by several methods but the most common one is the conventional or creamed method. The distinguishing characteristic of butter cakes is the fat used to make them. Butter cakes are "shortened" with solid fat — butter, shortening, lard or margarine.

Egg foam cakes contain no fat, are leavened by air trapped in beaten egg whites and therefore, are the most delicate of all the types of cakes.

Chiffon cakes are leavened by egg whites and baking powder and are made with oil (usually vegetable) instead of a solid fat.



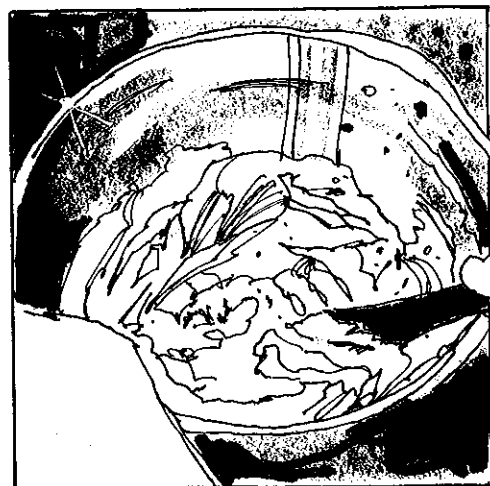
I THE CONVENTIONAL CAKE METHOD

To make a batter following the conventional or creamed method, the following steps are followed.

1 CREAM THE FAT AND SUGAR TOGETHER

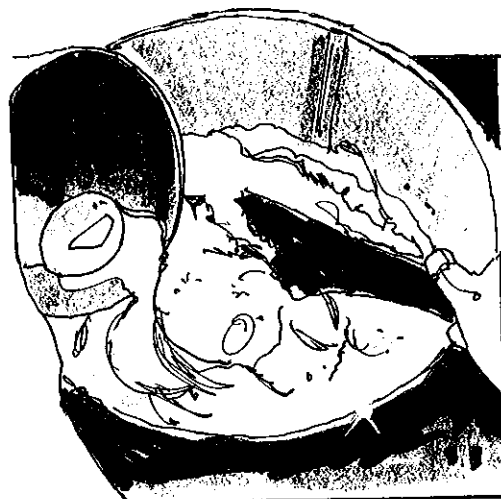
A solid fat (usually butter) is used at room temperature and beaten with the back of a wooden spoon or electric mixer until soft and plastic. The sugar is then added gradually with much creaming and mixing until the mass is light and fluffy and of about the consistency of whipped cream. The fluffiness of the mixture is due to the air incorporated by the creaming.

The creaming process is important in determining the texture of the cake. The secret to successful creaming is to have the fat at room temperature.



2 BEAT IN THE EGGS

Add the eggs one at a time and beat after each addition.



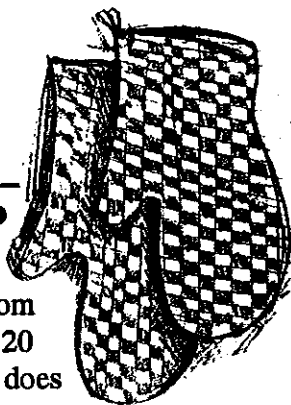
3 ADD THE DRY ALTERNATELY WITH THE LIQUID INGREDIENTS

Next, the dry ingredients are added alternately with the liquid, usually beginning and ending with the dry ingredients.

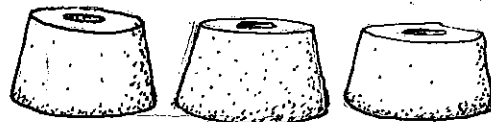


BETTER BAKING TIP

To bring butter, shortening or lard to room temperature, microwave on high for 5 - 20 seconds. Keep checking to make sure it does not melt.



II THE EGG-FOAM CAKE METHOD



Egg-foam cakes include angel and sponge cakes and have the following characteristics:

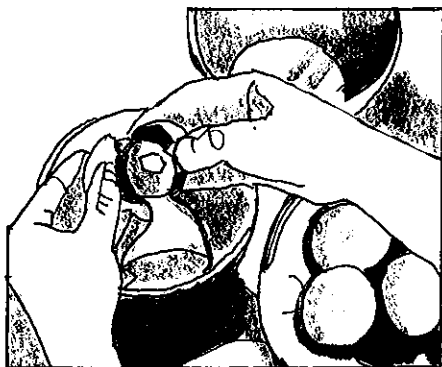
- are the most delicate cakes,
- are leavened (raised) by air trapped in beaten egg whites,
- contain no fat.

The success of egg foam cakes depends largely on beating the egg whites properly and making sure they do not lose air when combined with other ingredients.

EGG WHITE MAGIC

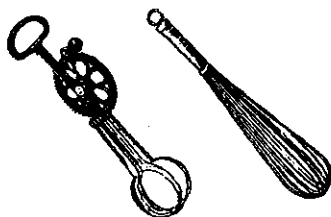
HOW TO SEPARATE EGG WHITES FROM YOLKS

Separate eggs while they are cold. Get out three bowls — small, medium and large. Crack egg with a knife. Gently pull the shell apart then transfer the egg yolk between the egg shell halves allowing the white to slip into the small bowl.



Set yolk aside in medium bowl. Transfer white to large bowl. Remember this step so all the whites won't be con-

taminated if some yolk should fall in. Repeat this method with remaining eggs. Be careful not to break the egg yolk. If the yolk does leak into the white, you may be able to remove it with a spoon. If you can't, set the white aside for another recipe. The presence of yolk or fat in the whites affects the egg white volume so also keep your utensils clean.



BEATING EGG WHITES

Let the egg whites come to room temperature before beating them. The purpose of beating the egg whites is to incorporate air. Using a wire whisk, egg beater or electric mixer, beat eggs — they should triple in volume. Be careful not to overbeat the egg whites or they become dry and lose air when blended with other ingredients. The gradual addition of sugar strengthens the egg whites

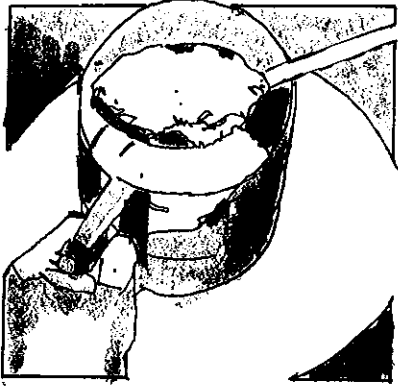
and helps them to hold air. Do not beat eggs ahead of time or they will separate. They should be folded in immediately after beating to minimize air loss.



FOLDING IN EGG WHITES

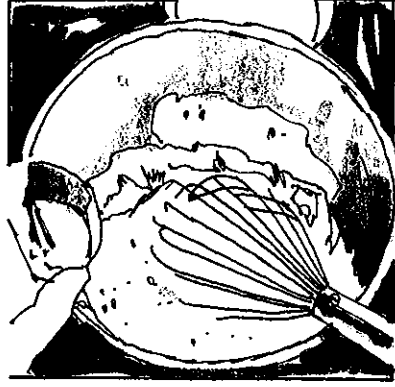
Egg whites are folded into a batter to give the cake a light airy texture and increased volume. To fold, use a rubber spatula and cut down through the centre of the egg whites. Slide the spatula across the bottom of the bowl, up the side and across the top. Bring some of the mixture forward with the spatula. Turn bowl slightly. Continue to fold and turn bowl until all the whites are blended. Be gentle and keep the spatula moving through the mixture at the thinnest part (not sideways) because you do not want to mash the air out of the whites.

HOW TO MAKE EGG-FOAM CAKES



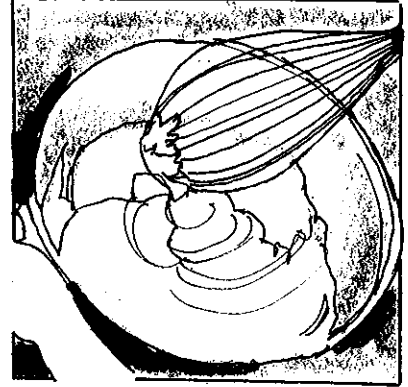
1 SIFT DRY INGREDIENTS

Sift and measure flour, then sift again with salt. Sift sugar at least twice. Keep sugar & flour separate.



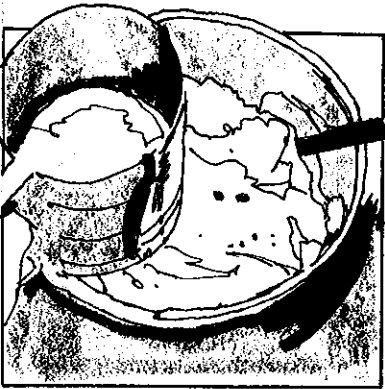
2 BEAT EGG WHITES

Using a wire whisk or electric beaters, beat egg whites until they are frothy. Add cream of tartar and whisk until soft peaks form.



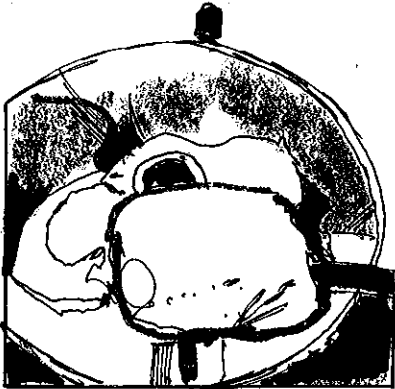
3 ADD SUGAR

Continue to whisk the egg whites, adding sugar about 15 ml at a time. Beat until stiff peaks form.



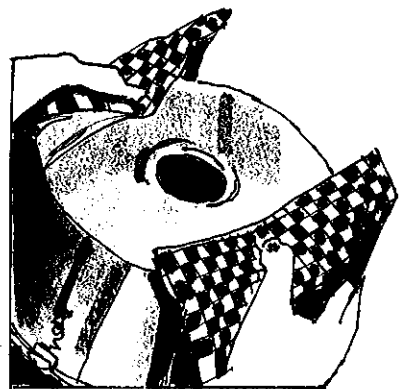
4 ADD FLOUR

Sift a little of the sifted flour evenly over egg whites. Use a rubber spatula to gently fold in the flour. Continue until all flour is absorbed.



5 FILL THE PAN

Use a spatula to transfer the batter to ungreased tube pan. Drop dollops of batter close together to prevent air holes. Bake at 180°C (350°F).



6 COOL THE CAKE AND TURN OUT

Immediately invert the baked cake and allow it to cool upside down in the pan (about 1+1/2 hr) until it feels cool to the touch. Loosen cake by running a knife around the inside edges. Invert pan and tap gently to turn cake out.

BETTER BAKING TIP

If the tube pan doesn't have 'feet' to rest on during cooling, invert the pan and place it over a narrow necked glass bottle, such as a pop bottle.

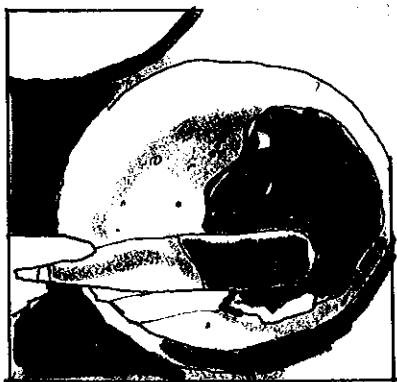
LET'S BAKE

RECIPES

Butter Cake
Angel Food Cake
Spice Cake
Chocolate Chiffon Cake
Raisin & Spice Cake
Fruit Filling
Butter Cream Frosting
Fluffy White Frosting
Cream Cheese Frosting

FILLINGS — THE BASICS

Fillings add a soft, creamy texture and often, a contrasting flavour to cakes. Jams straight from the jar, fruit purées, whipped cream and custard are all used as fillings for cakes. Fillings are spread between the layers of cooled cakes before frosting.



TECHNIQUES

CREAM: To incorporate air into fat by mixing with the back of a wooden spoon against the side of a bowl, or with an electric mixer. The fat is at room temperature.

SIFT: To pass dry ingredients through a mesh in order to break up lumps and to incorporate air into them.

GREASE: To coat a small piece of waxed paper with fat and rub the bottom and sides of the pan. This lubricates the pan and helps to keep the cake from sticking.

NOTE — Pans for egg foam cakes should never be greased.

FLOUR: To dust pans by sprinkling with a small amount of flour. Remove excess by tapping overturned pan gently. This removes moisture from the pan and helps to keep the cake from sticking. Sometimes a recipe calls for the pans to be floured after greasing.



BETTER BAKING TIPS



TESTING DONENESS

When cake is lightly browned and just beginning to shrink away from the sides of the pan, test using one of these methods.

1. Insert a wire cake tester or toothpick or piece of uncooked spaghetti in the center of the cake. Tester should be clean when it comes out.
2. Press the center of the cake lightly with your fingertip. If done, the cake should spring back leaving no imprint.

FROSTINGS — THE BASICS

To frost or not — that is the question these days.

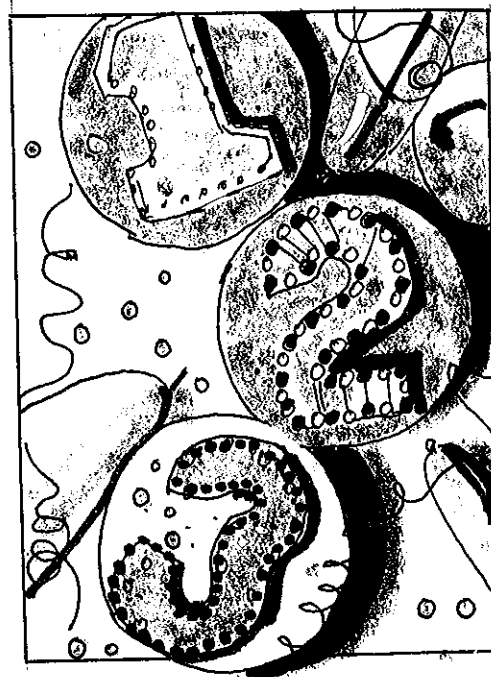
Many cakes such as chiffon cakes, angel food cakes, fruit-cakes, coffee cakes and others are more delicious unfrosted. Using fruit glazes, all-fruit toppings, fruit purées, whipped cream and low fat cream cheese instead of butter are lighter methods of topping and filling cakes.

But, there remains a time and a place for frostings. Frostings

sweeten the cake, make special occasion cakes more festive and seal the cake from air, helping it to stay fresh and moist longer.

Most traditional frostings are made from sugar — confectioners' sugar (the American term) or icing sugar (the British term). Icing or confectioners' sugar is powdered white sugar with cornstarch mixed in. The cornstarch keeps the sugar from clumping.

There are as many frostings as there are cake recipes. Check the Recipe Booklet for some traditional frosting recipes.



STEPS FOR FROSTING A CAKE

1 COOL CAKE

Turn cake out of pan onto wire rack and allow to cool completely.

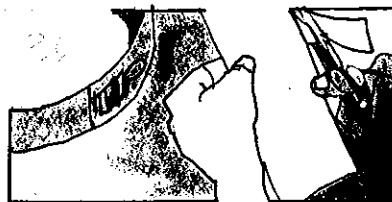
2 TRIM

Trim away any bumps or uneven places using a sharp serrated knife and remove any loose crumbs with a pastry brush or your hands.



3 PREPARE

Place cake on serving plate. To keep serving plate clean while frosting the cake, tuck strips of waxed paper just under cake so they are easy to remove after frosting.

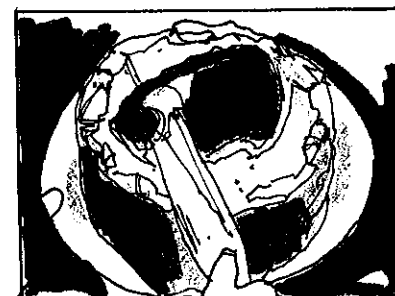


4 THINLY FROST SIDES

Separate the frosting into two bowls with a smaller amount in one bowl for the first frosting of the sides. Holding a metal spatula or knife straight up and down, spread sides with a thin coat of frosting; this keeps the crumbs from mixing with the frosting.

5 FROST SIDES & TOP

Spread a thick layer of frosting from the second bowl, over the thin layer on the sides, then frost the top of the cake. Smooth the frosting, make swirls or designs with the spatula.



LET'S EVALUATE

Once your cake is cooled, take a close look before you frost it. Check the characteristics listed on the back of the Butter Cake recipe.

Look at the appearance — is each layer the same thickness? Does each layer have a smooth, evenly browned surface? If not,

check **WHAT WENT WRONG?** and **HOW TO FIX IT!**

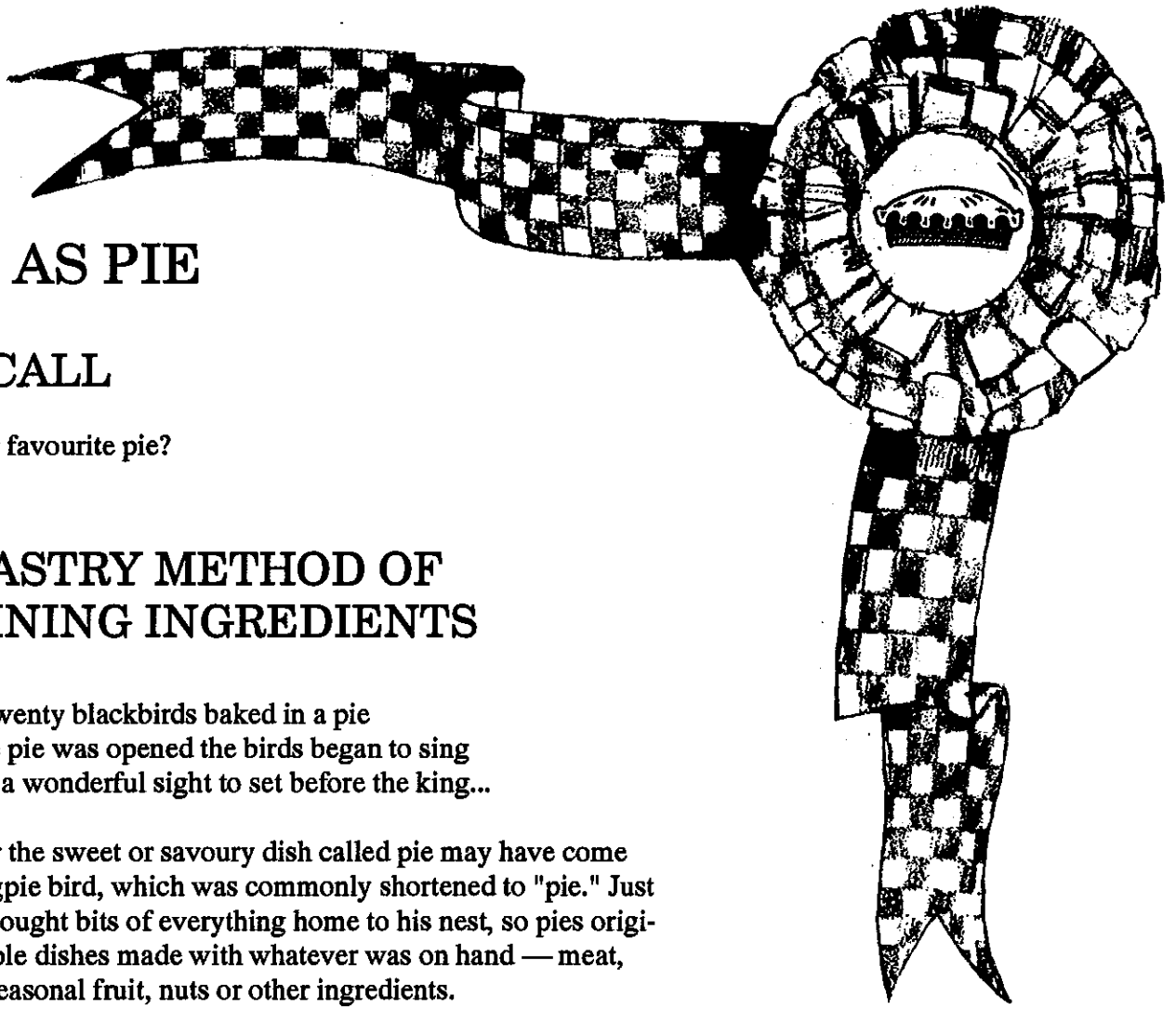
Next, go ahead and fill and frost your cake. Slice a piece and look at the last three characteristics — texture, tenderness and taste. Give your cake an overall rating out of 20.



BEFORE THE NEXT MEETING

Choose one of the activities listed below.

1. Try baking a cake. Serve it to your family or friends. Remember, not all cakes need to be frosted. Record their comments in the Recipe Log, page 38.
2. Check magazines & cookbooks for (or design your own) a frosting recipe using fresh, frozen or canned fruit and a small amount of sugar. Test out your recipe on a cake and serve to your family or friends. Record their comments in the Recipe Log at the end of this manual.
3. Check magazines & cookbooks for (or design your own) an uncooked frosting recipe, substituting a low fat cream cheese for the butter and reducing the sugar by at least one quarter. Test out your recipe on a cake and serve to your family or friends. Record their comments in the Recipe Log at the end of this manual.
4. If you haven't mastered the skill of separating eggs, read how to do it in the Egg Foam Cakes section. Then try to separate a few eggs on a weekend morning. If the yolks break into the whites, use them to make an omelet or scrambled eggs.



EASY AS PIE

ROLL CALL

What is your favourite pie?

THE PASTRY METHOD OF COMBINING INGREDIENTS

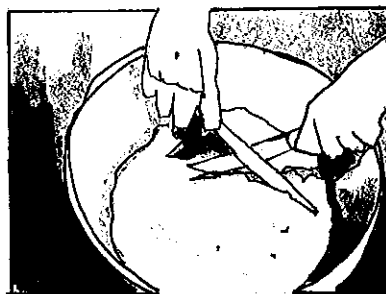
Four and twenty blackbirds baked in a pie
When the pie was opened the birds began to sing
Was that not a wonderful sight to set before the king...

The word for the sweet or savoury dish called pie may have come from the magpie bird, which was commonly shortened to "pie." Just as the bird brought bits of everything home to his nest, so pies originated as simple dishes made with whatever was on hand — meat, vegetables, seasonal fruit, nuts or other ingredients.

Many people use the term "easy as pie" when they mean to say that something is not difficult. Yet some people don't think of pie-baking — or making pastry — as easy. This meeting, you'll learn the skills to making perfect pastry.



1 In medium-size bowl, combine flour, salt (and sugar, if using). Mix well.



2 Using a pastry blender or two knives, cut the cold fat into the dry ingredients as quickly as possible until the mixture resembles coarse bread crumbs.

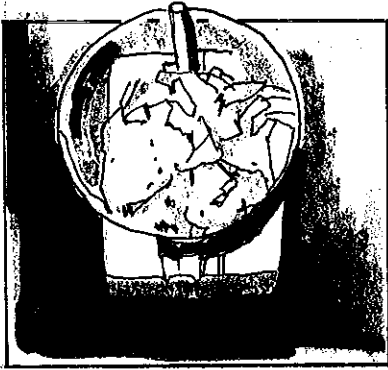


3 Sprinkle ice water over the mixture, 15 ml at a time. Stir with a fork just until the dough holds together. Wrap in plastic/waxed paper and chill dough at least 15 minutes or store 2 - 3 days before using.

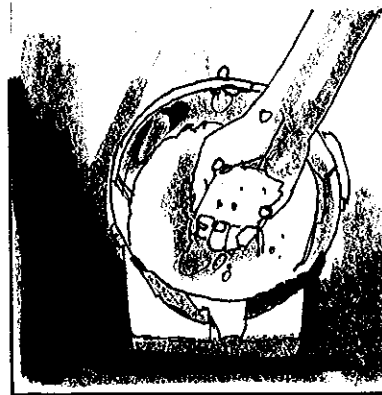
TO MIX PASTRY IN A FOOD PROCESSOR

A food processor makes the mixing of pastry easy. But, it is important to understand that overmixing will cause the pastry to be greasy and tough.

- 1** Combine the flour, salt (and sugar, if using) in the work bowl. Using the steel blade, process for 1 or 2 seconds to mix the dry ingredients.



- 2** Add the cold butter (or other fat) and cut into the dry ingredients by turning the processor on and off with 2 - 4 quick pulses, just until the fat is cut into large pieces. **BE CAREFUL NOT TO OVERMIX.**



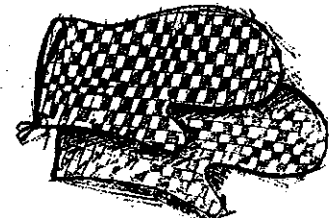
- 3** Measure ice water and have it ready to pour into the food processor. Then, with the motor running, quickly pour in the water and process just until the dough begins to form a ball. Wrap in plastic/waxed paper and chill dough at least 15 minutes.



BETTER BAKING TIPS

PERFECT PASTRY

- All fat and liquid ingredients must be very cold.
- If using a food processor for mixing pastry, freeze the fat before using.
- Mix the ingredients as quickly as possible. Flaky pastry results from pockets of shortening left to melt in between flour paste layers.
- Overmixing results in a tough crust.
- Chill the pastry before rolling out and again before baking.
- When touching dough, make sure your hands are cold. Rinse your hands frequently in cold water.
- When rolling out and assembling crusts, handle the pastry as quickly and as little as possible.
- To help prevent pastry from sticking, try using a pastry cloth on the rolling out surface and a sleeve on the rolling pin.



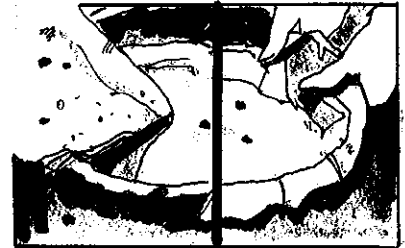
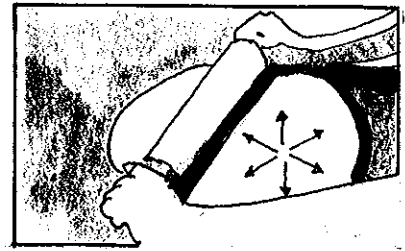
FORMING PIE CRUSTS

To roll out the dough, cut the chilled dough in half, re-wrap and return one half to the refrigerator.

Rolling: Place one half of chilled dough on a lightly floured surface or pastry cloth. Sprinkle the top with a little flour and dust the rolling pin with flour. Flatten the dough with the palm of your hand. Roll dough from the center toward the edges, reducing the pressure as you near the edges. Lift dough and give it a quarter turn after each roll to form a circle about 0.3 cm thick. Add a bit more flour as necessary. If dough breaks during rolling, patch with a piece of rolled dough cut from the edge of the circle. Avoid rerolling, as it toughens the dough.

To line a pie pan: Roll the dough lightly around the rolling pin and unwrap into the pan. OR Fold the dough carefully into quarters and place in the center of the dish and gently unfold.

Trimming: Cut the edge of the pastry with a small sharp knife or kitchen scissors so it hangs evenly about 2.5 cm past the outer edge of the pan. Fold the dough under or down over itself toward the inside of the pan (this is easier). Form attractive edges as shown below. Chill in the refrigerator or freezer for about 30 minutes before baking or filling. At this point, crusts in pans can be wrapped and frozen for up to 6 weeks.

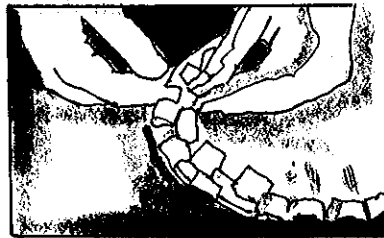


DECORATING EDGES

Appliqué: Cut out the rolled top sheet of pastry with tiny cookie cutters or trace around small cardboard shapes. Brush the rim of the crust with cold water and apply the cutouts, slightly overlapping. Gently press to stick the cutouts to the rim.



Checkerboard: Use a sharp knife to cut across the rim at 1.25 cm intervals. Alternately fold every other piece in to-



Feather: Use a sharp pair of kitchen scissors to snip slanted incisions every 0.6 cm around the edge of the pastry.



Braid: Cut long strips of extra dough about 0.6 cm wide. Braid 2 or 3 strips together and apply to the moistened rim.

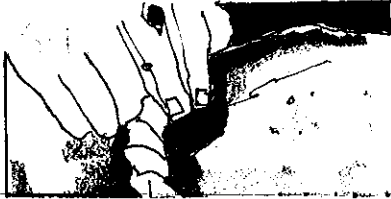


Spoon Scallop: Press the rounded tip of a spoon into the rim to form a scallop pattern.

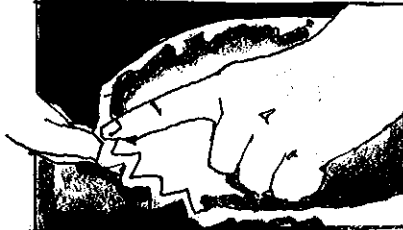


MORE EDGE DECORATIONS

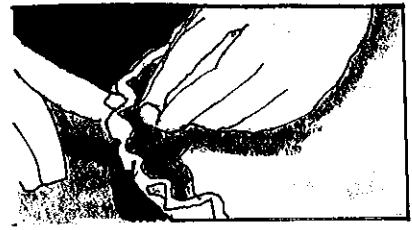
Flute: Place an index finger on the outside of the pastry rim, pointing diagonally inward. Use the index finger and thumb of the other hand to push the pastry against the finger to form wide flutes.



Point: Place an index finger on the inside of the pastry rim, pointing out. With the index finger and thumb of the other hand, crimp the pastry into pronounced points that go outward.



Scallop: Place the index finger of one hand on the edge of the rim, pointing in. Use the index finger and the thumb of the other hand to move the dough inward to form scallops.



FILLING AND TOPPING PIES

After forming and chilling the pie crust, you have two basic types of pies to choose from:

- pre-baked shells filled with ready-to-eat fillings and
- pies filled with filling that cooks as the crust cooks.

Pre-baked Shells



1. Preheat oven to 210°C (400°F).
2. Cut a sheet of aluminum foil about 5 cm larger than the diameter of the pie. Press it into the pastry shell and fill it with dried beans or rice.
3. Bake 7 - 10 minutes, until the rim of the crust feels just set to the touch. Remove from oven and carefully lift out the foil and beans/rice.
4. Prick the bottom and sides of the pie crust in several places and return to the oven. Cook about 15 minutes more, just until golden brown.
5. Remove the crust from the oven, cool completely before filling.

FILLING PRE-BAKED SHELLS

Cooling: Allowing baked crust to cool completely prevents a soggy crust.

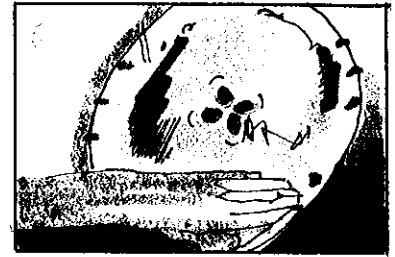
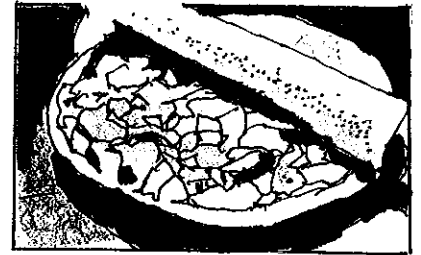
Filling: Make filling according to recipe and chill before putting into baked shell.

Topping: If using a topping (usually whipped cream or meringue) make it just before topping the pie, according to recipe.

Two-crust Pies

To fill and top a completely covered double-crust pie follow these steps.

1. Roll out the second chilled piece of dough into a rough circle a little thinner than the bottom crust.
2. Make filling according to recipe and fill un-baked shell.
3. Brush the rim of the filled pie with water.
4. Cover the pie with the top crust and trim it even with the bottom crust. Press the edges together to seal.
5. With a sharp knife, cut slits or designs into the top to serve as air vents. If desired, use cookie cutters to cut out decorations (such as leaves, stars, flowers) to decorate the top.

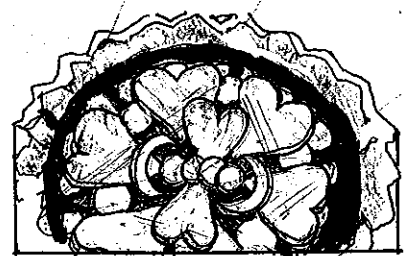
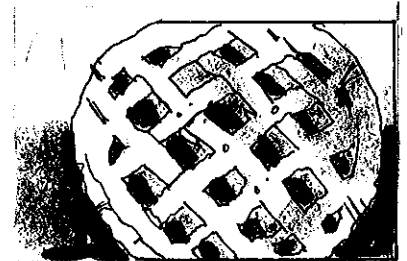


TO PARTIALLY COVER A PIE

When the filling is colorful, or to make it easy to tell what type of pie it is, use cutouts or lattice to cover the filling.

Lattice: Use a rolling pastry cutter or sharp knife with a ruler as a guide to cut the dough sheet into long thin strips. Arrange on the top of the pie in a woven pattern. Trim the edges of the strips to meet the rim of the pie and seal to bottom crust with water.

Cutouts: Trace cardboard shapes or use cookie cutouts to get shapes to decorate and partially cover the top of filled pie. Arrange shapes slightly overlapping to cover most of the pie, leaving spaces for air vents.



LET'S BAKE

RECIPES

Basic Pastry
Crumb Crust
Apple Pie
Strawberry Chiffon Pie
Fruit Glaze
Cornish Pasties
Basic Tea Biscuits

TECHNIQUES

CUT IN: To mix fat into flour, using 2 knives or a pastry blender.



ANY WAY YOU SLICE IT

There are three general ways to use pastry: as a dessert, as an accompaniment to other dishes and as a main dish.

DESSERT

- fruit pies
- custard pies
- cream pies
- chiffon pies
- tarts
- flans
- fruit turnovers

ACCOMPANIMENT

- turnovers (vegetable)
- strips of pastry or shaped pastry sprinkled with cheese/herbs to serve with soup
- strips of pastry spread with jam, served with fruit or sherbet

MAIN DISH

- lamb, beef, veal or pork pies
- chicken or turkey pies
- fish pies
- seafood pies
- vegetable pies
- quiche
- meat turnovers

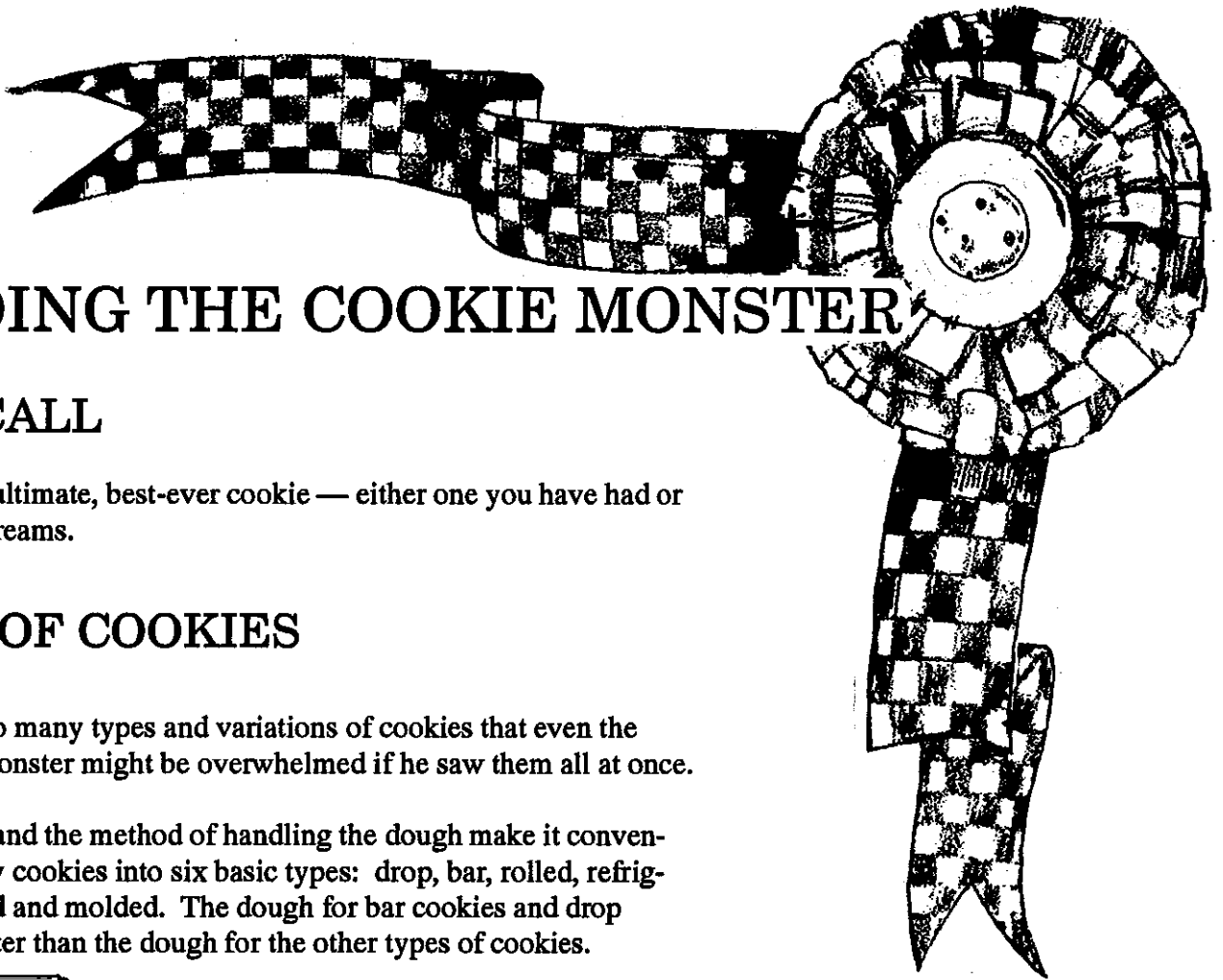
BEFORE THE NEXT MEETING

For the next meeting, bring a family or personal favourite recipe for cookies.

Complete one of the following activities.

1. Try your hand at the pastry method, keeping in mind that the more you practise, the easier it gets. Bake and serve to your family and friends and record their comments in the Recipe Log, page 38.
2. Crumb crusts are a quick and simple substitute for pastry pie crust. They are best suited for ice cream, sherbet, cooked puddings, custards or chiffon pies. If you want to try a crumb crust, see the recipe for Chiffon Pie in the Recipe Booklet.
3. Visit the bakery, frozen and convenience sections of your supermarket. Note the different pastry and pastry products available. List as many products as you can find and classify them as ready-to-serve; refrigerated; frozen and mix. Include prices and quantity for each product.





FEEDING THE COOKIE MONSTER

ROLL CALL

Describe the ultimate, best-ever cookie — either one you have had or one of your dreams.

TYPES OF COOKIES

There are so many types and variations of cookies that even the Cookie Monster might be overwhelmed if he saw them all at once.

The stiffness and the method of handling the dough make it convenient to classify cookies into six basic types: drop, bar, rolled, refrigerator, pressed and molded. The dough for bar cookies and drop cookies is softer than the dough for the other types of cookies.



DROP COOKIE

Soft dough is pushed from a spoon onto a cookie sheet. You should allow 5 cm of space between the cookies to keep them

from spreading into each other. Use the same amount of dough each time so that the cookies will be uniform in size. Use a cool cookie sheet so the dough will not spread.



BAR COOKIES OR SQUARES

Sometimes called squares, bars are made from a soft dough which is spread evenly in a pan

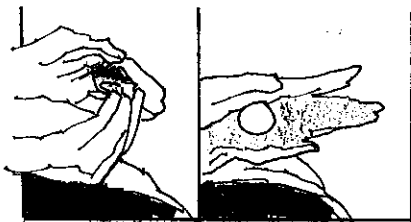
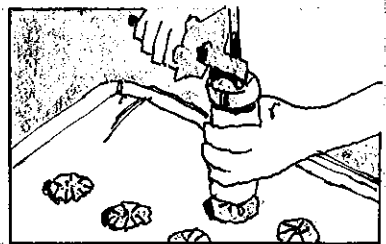
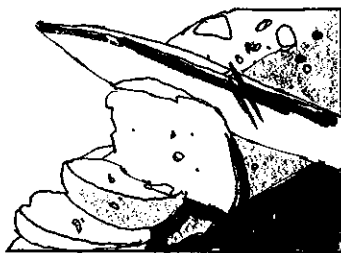
and often baked. Sometimes the dough is baked, cooled and spread with a layer of filling that may or may not be baked. A glaze on top may be added.



ROLLED COOKIES

For rolled cookies, a stiff dough is rolled into a thin sheet and shapes are cut out with a cookie cutter. Often the dough is chilled before being rolled on a lightly floured surface. Roll

only a small amount of cookie dough at a time so that you do not overhandle the dough which causes toughness. Leave only a small amount of space between the cookies on the cookie sheet as they won't spread as much as dropped cookies.



LET'S BAKE

RECIPES

Applesauce-oat Squares
 Sugar Cookies
 Oatmeal Cookies
 Chocolate Chip Cookies
 Peanut Butter Cookies

REFRIGERATOR COOKIES

A stiff dough is pressed with the hands into a long smooth roll and chilled before baking. The fat in the cookie will harden,

making it easy to slice the roll. The dough will keep, tightly covered, in the refrigerator for several days. Slice only what is needed each day.

PRESSED COOKIES

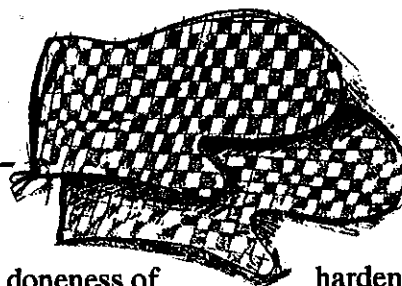
A semi-stiff dough is packed into a cookie press and forced out through cookie discs (or different shapes) onto a cookie

sheet. The cookie sheet is ungreased so that the dough will stick to it as the cookie press is lifted. Leave a small amount of space between the cookies.

MOLDED COOKIES

A small amount of stiff dough is shaped and molded with the fingers to form the desired shape

(crescents, rolls, balls, etc.). As cookies are molded, space them evenly in rows on a cookie sheet. Leave a small amount of space between cookies.



BETTER BAKING TIPS

- Use cookie sheets (or a pan turned upside down) because there are no sides to interfere with the circulation of heat. Bright, shiny sheets reflect heat and give a delicately browned crust.
- Because most cookies will spread a little, spacing is necessary to prevent them from running together.
- Check for doneness of cookies when the minimum baking time is up. The cookie should be set so that when you touch it lightly with your finger, almost no imprint will remain.
- Use a wide spatula to remove cookies from the sheet as soon as you take them from the oven. Place on a cooling rack. As the cookie cools it becomes hardened. If left on the pan it will stick, and may break as you remove it.
- To keep soft cookies moist, store in a tightly covered container with a slice of apple or fresh bread.
- To keep crisp cookies from going soft, store in a loosely covered container.

PLAIN GRAIN TALK

We know that whole grain and enriched flour products supply protein and are very important sources of iron, several B vitamins and carbohydrates. Carbohydrates are necessary to provide energy and to encourage

normal bowel movements by providing bulk in the form of dietary fibre.

The reason Health and Welfare Canada recommends that we eat the whole grain is because the

nutrients are concentrated in certain parts of the grain — the parts that are removed in the refining process. The whole grain also provides beneficial fibre.

BRAN

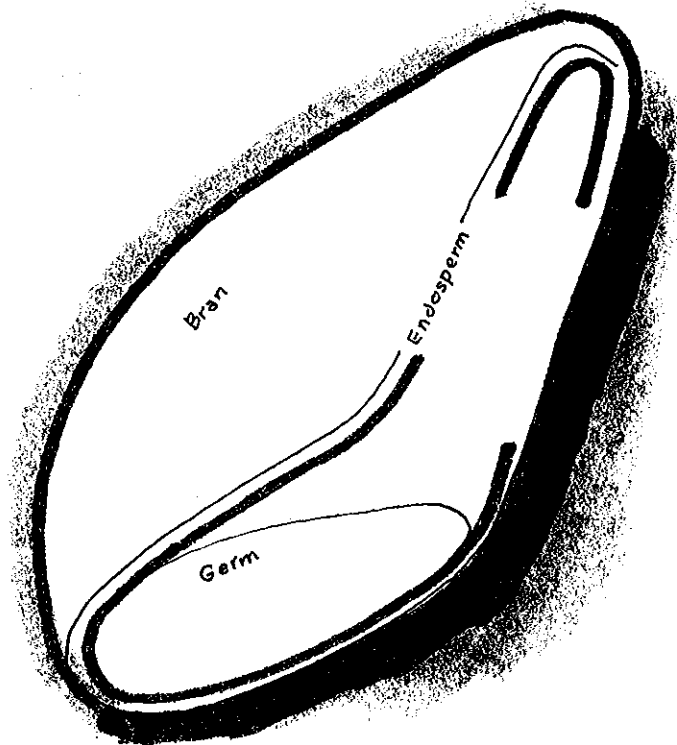
The tough, outer layer of any seed which contains fibre, minerals and protein.

GERM

The embryo from which life springs. The germ is a rich source of vitamins.

ENDOSPERM

The white, starchy part which forms the bulk of the grain, providing a storehouse of food for the seed when it starts to grow. This part alone is used to make refined flour and has the lowest amount of nutrients.



BULGUR

Wheat that has been steamed, then dried before being crushed into various grinds.

CRACKED WHEAT

Uncooked wheat that has been dried, then cracked apart by coarse milling.

SEMOLINA

The milled "innards" of hard durum wheat.

CORNSTARCH

Actually a flour, finely milled of a high-starch corn hybrid. Cornstarch is a light thickener of sauces, pie fillings, puddings, soups.

GRITS

Milled as part of cornmeal before being separated and graded. A high fibre, coarse cereal that is high in carbohydrates and made of dried, hulled and ground corn kernels.

CEREAL GRAINS THAT PRODUCE FLOUR

WHEAT

There are 30,000 varieties of wheat. Triticum Aestivum is the most common variety in Canada.

Types of Wheat Flour:

Bread flour is made from hard wheat and is the highest in gluten proteins. This means that it forms a strong structure and can be used for all yeast baking (breads).



All-Purpose flour is made from mostly hard wheat. This type of flour has a high protein content and can be used for all general baking.



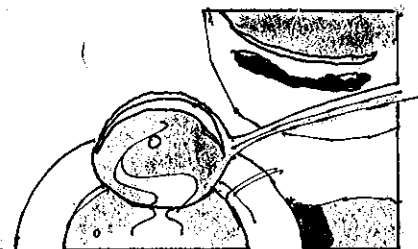
Cake and Pastry flour is made from soft wheat and is low in protein and gluten. Soft wheat flour produces tender and delicate baked goods and can be used for all non-yeast baking.



Wholewheat flour (also known as Graham flour) is made from the whole kernel and contains all the B-vitamins, iron and other nutrients. Baked products made from whole wheat flour are heavier in texture, darker in colour and have a nutty flavour.

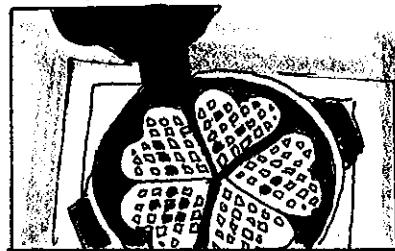
BARLEY

Barley flour is rarely used in baking. More often, pot barley is added to soups or stews.



BUCKWHEAT

Buckwheat is the best known source of complex carbohydrates. Buckwheat flour is traditionally used in pancakes and waffles but can be used in any baked product, along with wheat flour (for the gluten).

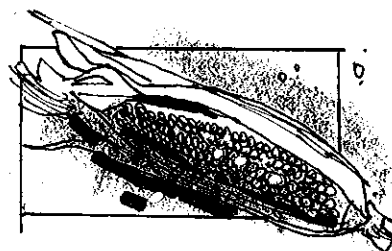


RYE

Contains very little gluten. Since gluten forms the structure for breads and cakes, allowing them to rise, most baked goods containing rye also contain wheat flour.

CORN

Cornmeal is granular and adds texture to baked products and is often used in quick breads. High in carbohydrates, B-vitamins, potassium and magnesium, the protein is not high quality.



SPELT

Spelt is an ancient grain with a high protein, vitamin and mineral content. The delicious nutty flavour makes it a good choice for all baked products. A rule of thumb: when using spelt in place of wheat flour, increase the liquid in the recipe slightly. Because of its durability, many farmers are growing spelt now. Check grain elevators and distribution points in your area for availability.

RICE

The grain most of the world eats to survive, however, not the most nutritious. 7,000 varieties are grown around the world.

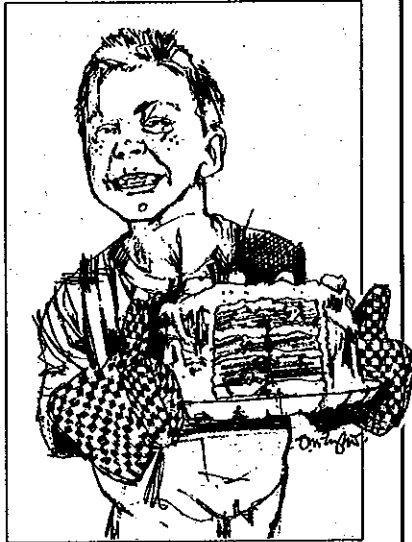


BEFORE THE NEXT MEETING

Complete one of the following activities.

1. Take your favourite cookie recipe and make some changes to it to make it healthier. Try out the recipe at home. Serve it to your family or friends. Include their comments in the Recipe Log, page 38. Describe the difference, if any in the appearance, texture and taste of the healthier version. Would you keep some/all of the changes or go back to the original version? Why?
2. Visit a health/alternatives store in your area. Explain to the manager why you are there and ask permission to do this activity. Check off as many cereal flours (Wheat, Rye, Buckwheat, Barley, Corn, Spelt, Rice) as you can find. Now look for as many other grains (Quinoa, Amaranth, Oats, Millet, Triticale) as you can find.

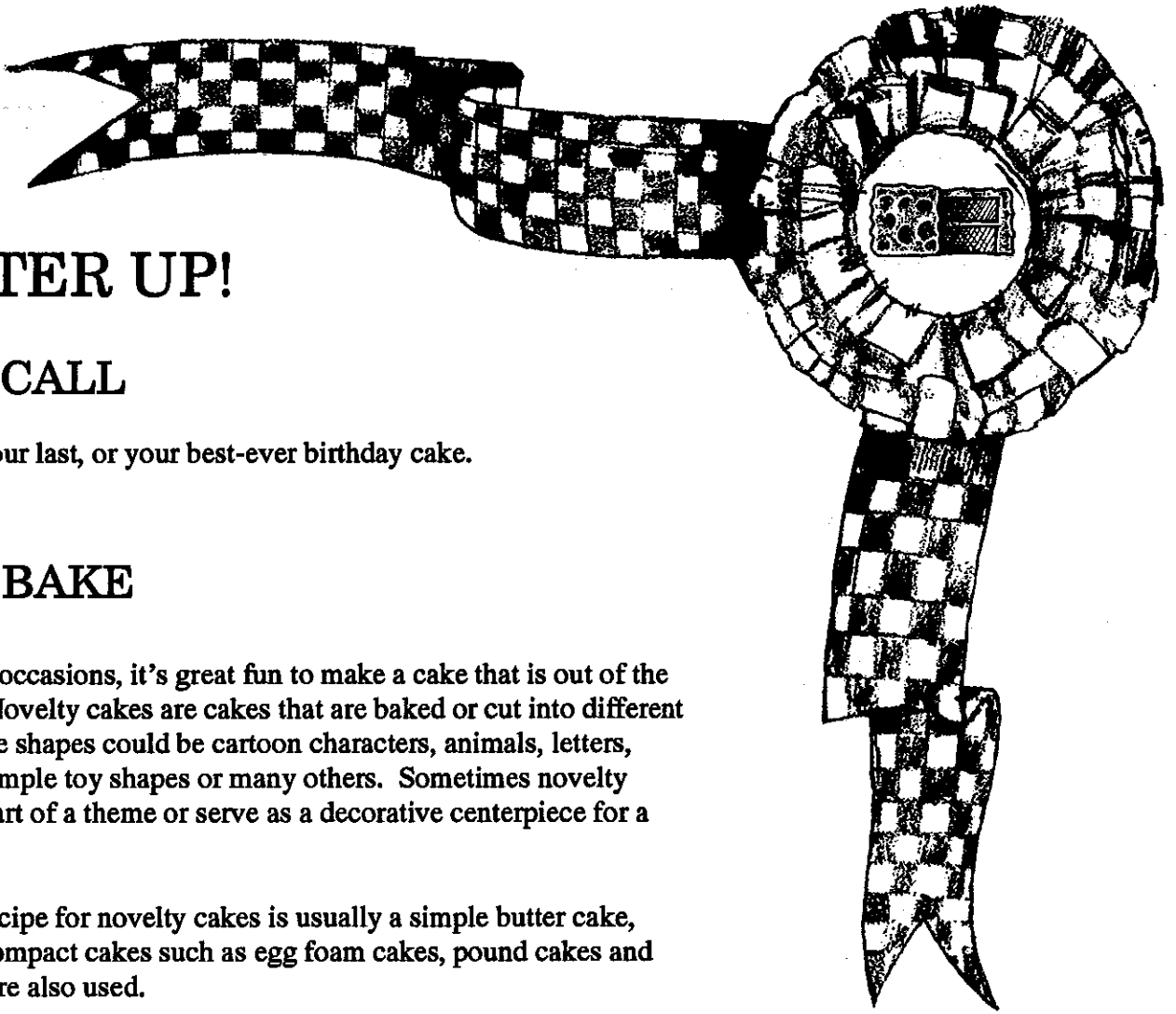
Are there different forms of these grains (ie steel-cut oats and pressed flakes of oats)?



3. Look over the grain products section of the rainbow of Canada's Food Guide to Healthy Eating. How many servings are recommended? For three days next week, list all of the grain products you eat and the amounts.

Now, beside each grain product, put a double star (**) beside each food that was made from whole grains. Put a single star (*) beside those made from enriched flour (if a bought product, assume it to be enriched but check the package).

- Are you eating a wide variety of grain products?
- Do the total number of servings meet current recommendations?
- Are the grain products you are eating comprised of:
 - mostly whole grains
 - some whole grains
 - no whole grains?
- Are the grain products you are eating:
 - mostly low in fat
 - somewhat low in fat
 - mostly high in fat?
- What changes can you make, right now, to improve the quality of the grain products you are eating?



BATTER UP!

ROLL CALL

Describe your last, or your best-ever birthday cake.

LET'S BAKE

For special occasions, it's great fun to make a cake that is out of the ordinary. Novelty cakes are cakes that are baked or cut into different shapes. The shapes could be cartoon characters, animals, letters, numbers, simple toy shapes or many others. Sometimes novelty cakes are part of a theme or serve as a decorative centerpiece for a party table.

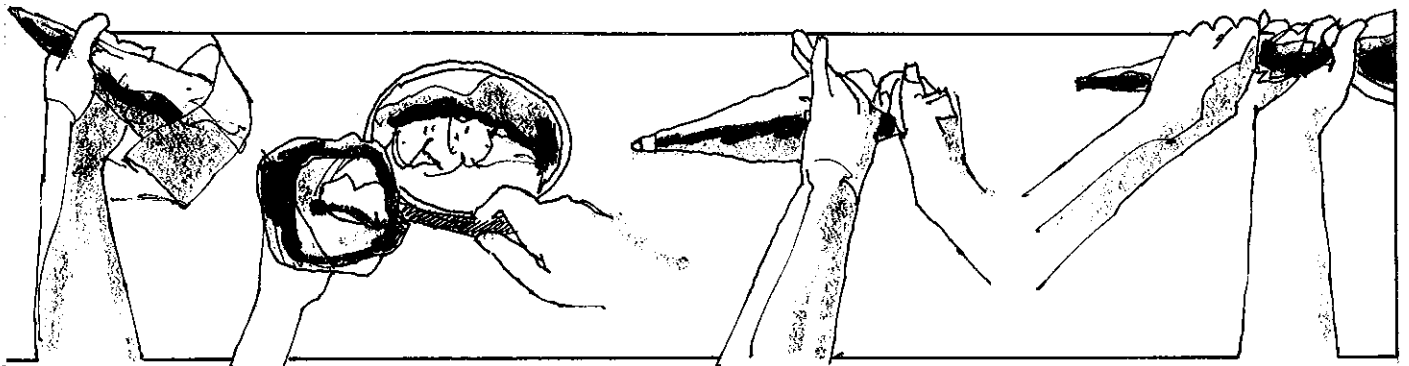
The cake recipe for novelty cakes is usually a simple butter cake, however, compact cakes such as egg foam cakes, pound cakes and fruitcakes are also used.

RECIPES

Butter Cake
Swiss Roll
Royal Icing

TECHNIQUES

PIPE: To put icing or a thin batter into a pastry bag and force through a metal tip (called a tube) at the end. This gives a plain or decorative ribbon, depending on the tube used.



CAKE DECORATING TECHNIQUES

Novelty cakes are usually set on a cake board.

TO MAKE A CAKE BOARD

Cut a square piece of sturdy cardboard from a carton. The size of the board should allow a 15 cm border all the way around the cake. Cover the board with heavy-duty aluminum foil and tape the edges securely on the wrong side.

CUTTING DECORATIVE SHAPES

Specialty food product stores and party supply stores often carry novelty-shaped cake tins. The cakes baked in these tins automatically give you the special shape you want. However, if you do not want the expense of a special tin — a knife and plenty of imagination can produce some amazingly decorative

cakes. (Some stores will rent pans for a few dollars.)

Choose your design according to the cake tins you own. Some simple shapes to cut from a round cake are: heart/horseshoe; and from a square or oblong cake are: star/butterfly. Clown faces, houses, animal shapes, car/train shapes etc. take a little more planning.

TO CUT A SHAPE

The cake must be completely cold before you start. While waiting for your cake to cool, trace your design on to a thin sheet of cardboard. The design should fit the dimensions of your cake tins. Cut out the shape with scissors. Put the cardboard form on each layer of cake and cut around the shape with a medium-size sharp knife. Hold the knife straight up and

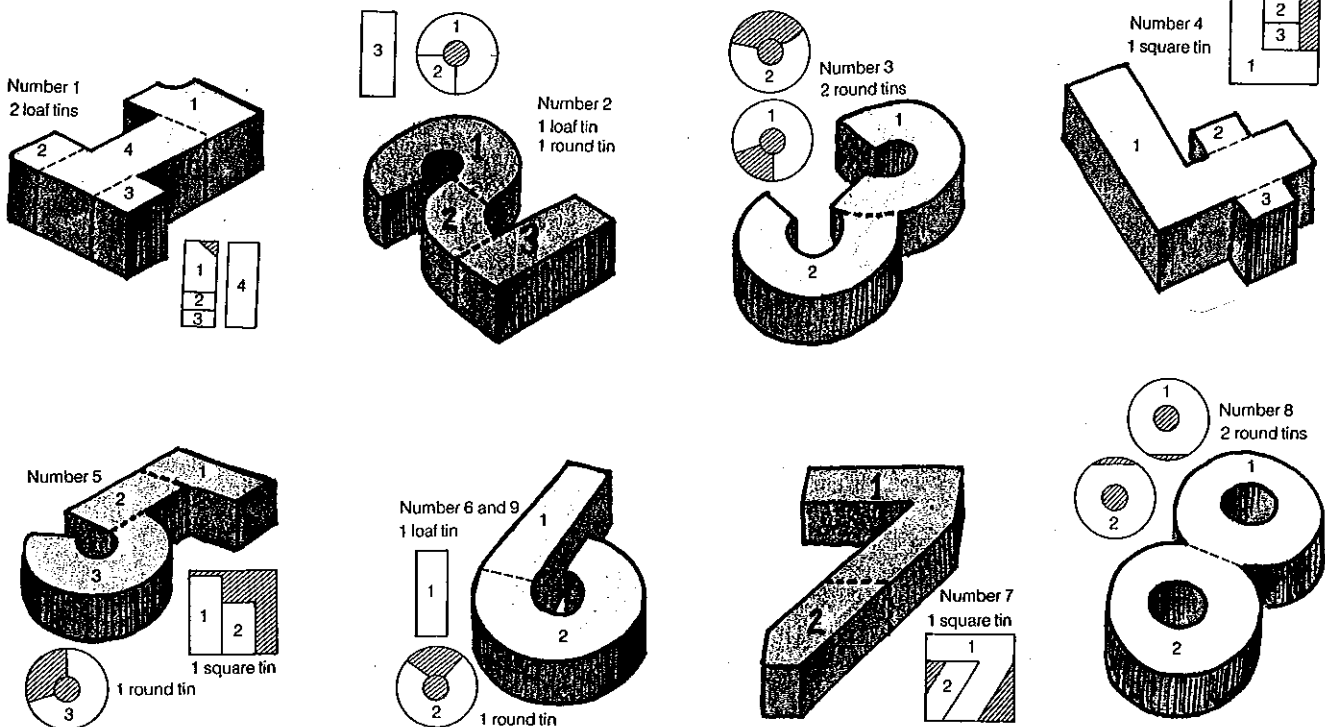
down and use short, sawing-like strokes to cut through the cake.

DIFFERENT BASE SHAPES

There are many books that show how to bake and decorate novelty cakes — check your local library. Some simple shapes you can make using kitchen utensils most likely on hand are:

- a small oval roasting pan for an egg shape,
- a round cake pan and a heat proof bowl to make a hamburger cake,
- a heat proof bowl to make a dome or igloo shape.

The following illustration shows some numbers you can make using square, oblong or round cake tins.



BETTER BAKING TIPS

- Be sure to use the correct size tin for the amount the recipe makes. Check recipe instructions for the sizes of tins to use.
- Always grease and flour the tins because if the cake sticks, the novelty shape will be spoilt.
- Use a serrated knife to level the cake by removing

any high points. Then place the cake, top side down on a cake board. The bottom is usually a more uniform surface to decorate.

- Spread a thin layer of icing — a crumb coat — over the sides and top of the cake. Let the icing harden or set and then begin decorating. This will hold crumbs in place so they

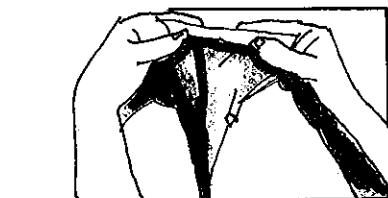
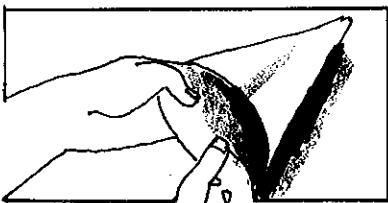
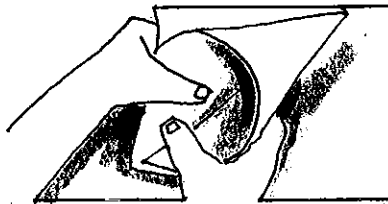
don't mix into the decorative icing.

- Slip strips of waxed paper under the cake edges all the way around. This keeps the cake board clean while you are decorating the cake and they can be easily removed when decorating is finished.

MAKING A PAPER PIPING CONE

If you do not wish to go to the expense of purchasing pastry bags and tubes for decorating cakes, paper cones are useful, especially if you plan to use many different colours. Use heavy waxed paper or butcher's wrapping paper (waxed on one side).

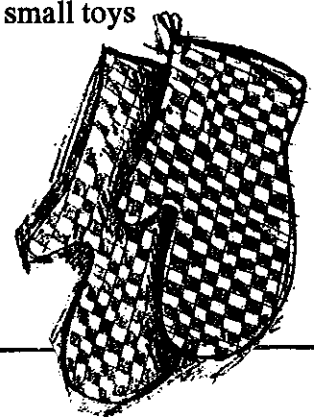
1. Fold a 20 x 35 cm rectangle in half diagonally and cut along the fold.
2. Fold the short side of one triangle over to the right-angled corner to form a cone.
3. Holding the cone together with one hand, wrap the long point of the triangle around the paper cone.
4. Tuck the point of paper inside the cone to secure it.
5. Snip the tip off and use as is or insert a decorative tube. Squeeze the cone to push the icing out the tube.
6. Fill the cone with 50 ml icing and fold over the top.



BETTER BAKING TIP

Here are some simple decorations that can be used on special occasion cakes.

- candies
- stencilling with sifted icing sugar
- marshmallows
- edible flowers
- chocolate leaves
- fruit glazes, fruit slices (brushed with lemon juice to keep from going brown)
- small toys



SUMMARY OF BAKING METHODS

METHOD	CONDITION OF FAT	METHOD OF ADDING FAT	AMOUNT OF MIXING	LIQUID ADDED	DESCRIBE METHOD OF MIXING
PASTRY includes pastry, short-bread, tea biscuits	Solid — hard	Cutting or blending in	Very little	All at once	Mix just until all ingredients are moistened
MUFFIN includes muffins, pan-cakes, quick breads	Liquid — oil or melted hard fat	All at once with liquid ingredients	Moderate	All at once with fat	Stir until mixed
CONVENTIONAL CAKE includes butter cakes and other kinds, cookies	Solid — soft, at room temperature	Creaming	Well mixed	Flour alternating with liquid	Cream fat & sugar. Beat in egg. Add flour alternating with liquid.
EGG-FOAM CAKE includes angel food and sponge cakes	No fat	No fat	Gently fold in	No liquid	Make meringue with egg whites. Fold in flour.
CHIFFON all types of chiffon cakes	Oil	Stirred with eggs into dry ingredients	Gently fold in	All at once with oil	Combine egg yolks, oil and flour. Fold in whipped egg whites.

SOME BASIC TERMS

Cut In: To mix cold fat into flour using a pastry blender or two knives.

Cream: To incorporate air into fat by mixing with the back of a wooden spoon against the side of a bowl, or with an electric mixer.


Fold: To lightly blend whipped egg whites into a batter or mixture. This is done with a spatula, cutting through the center and lifting

STORING BAKED GOODS

PRODUCT	HOW TO WRAP	WHERE TO STORE	STORAGE TIME
PASTRY form dough into balls uncooked pie shells	waxed paper or plastic wrap seal in airtight plastic bags waxed paper or plastic wrap seal in airtight plastic bags	REFRIGERATOR FREEZER REFRIGERATOR FREEZER	2-3 days 1-6 months 2-3 days 1-6 months
COOKED PIES fruit or vegetable meat or dairy ingredients all pies with cooked/uncooked filling	covered, protected from air waxed paper or plastic wrap seal in airtight plastic bags	COOL PLACE REFRIGERATOR FREEZER	1-2 days 1-2 days 1-6 months
CAKES unfrosted frosted with whipped cream, cheese or cream fillings	wrap tightly in airtight plastic wrap or plastic bag airtight container airtight container	COOL PLACE REFRIGERATOR FREEZER COOL PLACE REFRIGERATOR REFRIGERATOR	1-2 days 2-3 days 1-6 months 2-3 days 2-4 days 1-2 days
COOKIES crisp soft	store all cookies in covered containers can or container with tight-fitting lid airtight container with a slice of apple or bread can or container with tight-fitting lid	COOL PLACE FREEZER COOL PLACE FREEZER	1-3 weeks 1-6 months 1-3 weeks 1-6 months
MUFFINS & QUICK BREADS	sealed in moisture-proof wrap or a tightly closed container	COOL PLACE REFRIGERATOR FREEZER	2-3 days 2-3 days 1-6 months

RECIPE LOG



I _____ have, with my own 2 's, made the baked products listed below.

Here are the comments from my family and friends...

Recipe	Comments From Family & Friends	My Comments

My Personal, All-Time Favourite recipe is

Date _____



GLOSSARY

BAKING TECHNIQUES

BEAT: To stir vigorously with a wooden spoon or electric mixer.

BLEND: To stir ingredients until they are well mixed.

CREAM: To incorporate air into fat by mixing with the back of a wooden spoon against the side of a bowl, or with an electric mixer.

CUT IN: To mix cold fat into flour using a pastry blender or two knives. The object is to trap small pieces of fat between layers of dough so that when the pastry cooks, the fat melts and "shortens" or tenderizes the pastry.

DOT WITH BUTTER: To place small pieces of butter evenly over the surface of a dish. This distributes the butter evenly during cooking.

FLOUR: To dust baking pans by sprinkling with a small amount of flour. Remove excess by tapping overturned pan gently. This removes moisture from the pan and helps to keep the cake from sticking. Sometimes a recipe calls for the pans to be floured after greasing.

FOLD: To lightly blend whipped egg whites into a batter or mixture. This is done with a spatula, cutting through the center across the bottom and up the side of the bowl, lifting the mixture from the bottom. Turn the bowl a quarter turn and lift again.

GREASE: To coat a small piece of waxed paper with fat and rub the bottom and sides of a baking pan. This lubricates the pan and helps to keep the cake from sticking.

LINE PANS: To cut a piece of waxed paper or shelf paper to fit the bottom and up the sides of a baking pan. Sometimes the paper liner is greased. This allows cakes to be lifted out of pans easily.

SCALD: To heat a liquid, usually milk, to just below the boiling point.

SEPARATE EGGS: To separate yolks from whites. Use 3 bowls, crack egg over 1 bowl. Pull shell apart, transfer yolk between shell halves allowing white to slip into small bowl.

SIFT: To pass dry ingredients through a mesh in order to break up lumps and to incorporate air into them.

STIR: To mix with a circular motion using a spoon or other utensil.

TURN INTO PAN: Tip the bowl over the prepared baking pan and hold it with one hand while using a rubber spatula to scrape all of the batter into the pan.

WELL: To make a hole with a spoon in the center of the dry ingredients by scooping them to the sides of the bowl.

WHIP: To beat rapidly with a rotary beater, electric mixer or wire whisk to incorporate air into a mixture.

WHISK: To vigorously stir a mixture using a wire whisk.

BAKING WORDS

ACCOMPANIMENT: A "side" dish usually a vegetable or salad that is served with the main dish in a meal.

BATTER: A thin flour mixture that can be either dropped or poured.

COMPLEX CARBOHYDRATE: Unrefined foods that are high in starch, cellulose and naturally occurring sugars. These are foods such as whole grains, nuts, seeds, legumes, fruits and vegetables.

CONFECTIONERS'

SUGAR: Also called icing sugar, this powdered sugar is used to make icings, frostings, fillings and for dusting on baked products.

CONVENIENCE PRODUCT:

A food product that is partially or completely made for the consumer. Convenience products save time and usually cost more than products made from "scratch."

CRUMB CRUST: A mixture made in a similar way as pastry and used as bottoms for pies and other desserts. Crumbled cookies are substituted for flour.

DOUGH: A thick flour mixture that can be handled or kneaded on a board. Most doughs are rolled (except for bread (yeast) doughs), but can be soft or stiff.

FATS: Butter, margarine, lard, vegetable oil, vegetable shortening, eggs. The function of fats in

baked goods is to help to "shorten" or make the product tender and rich.

FIBRE: The indigestible cellulose from whole grains, nuts, seeds, legumes, fruits and vegetables that keep our bowels healthy.

FILLINGS: Adding a soft, creamy texture and often, a contrasting flavour, fillings are spread between the layers of cooled cakes before they are frosted.

FLOUR:

All Purpose: A refined flour usually milled from hard wheat (sometimes from a blend of mostly hard wheat and some soft wheat). Can be used for most baking.

Cake and Pastry: A refined flour milled from soft wheat. The protein content is low and the granulation is uniform and fine. Use for cakes, pastry and quick breads, never for yeast leavened products.

Enriched: After refining, some nutrients are put back into the flour.

Refined: The outer layers of bran (and most of the nutrients) have been removed from the kernel of wheat before it is ground into flour. This makes the flour white.

Wholewheat: A partially refined flour that contains cracked or whole wheat particles. Cakes made from wholewheat flour are not as light.

Whole Grain: The unrefined grain that is still in its natural state. Whole grains are often added in small quantities to breads.

GLUTEN: (pronounced gloo-ten) An elastic substance formed from the protein in flour. It helps to give structure to the baked product.

LEAVENERS: Ingredients in baked goods that make them rise upon baking. Eggs, baking soda and baking powder produce air, steam or carbon dioxide gas which cause the gluten structure to rise.

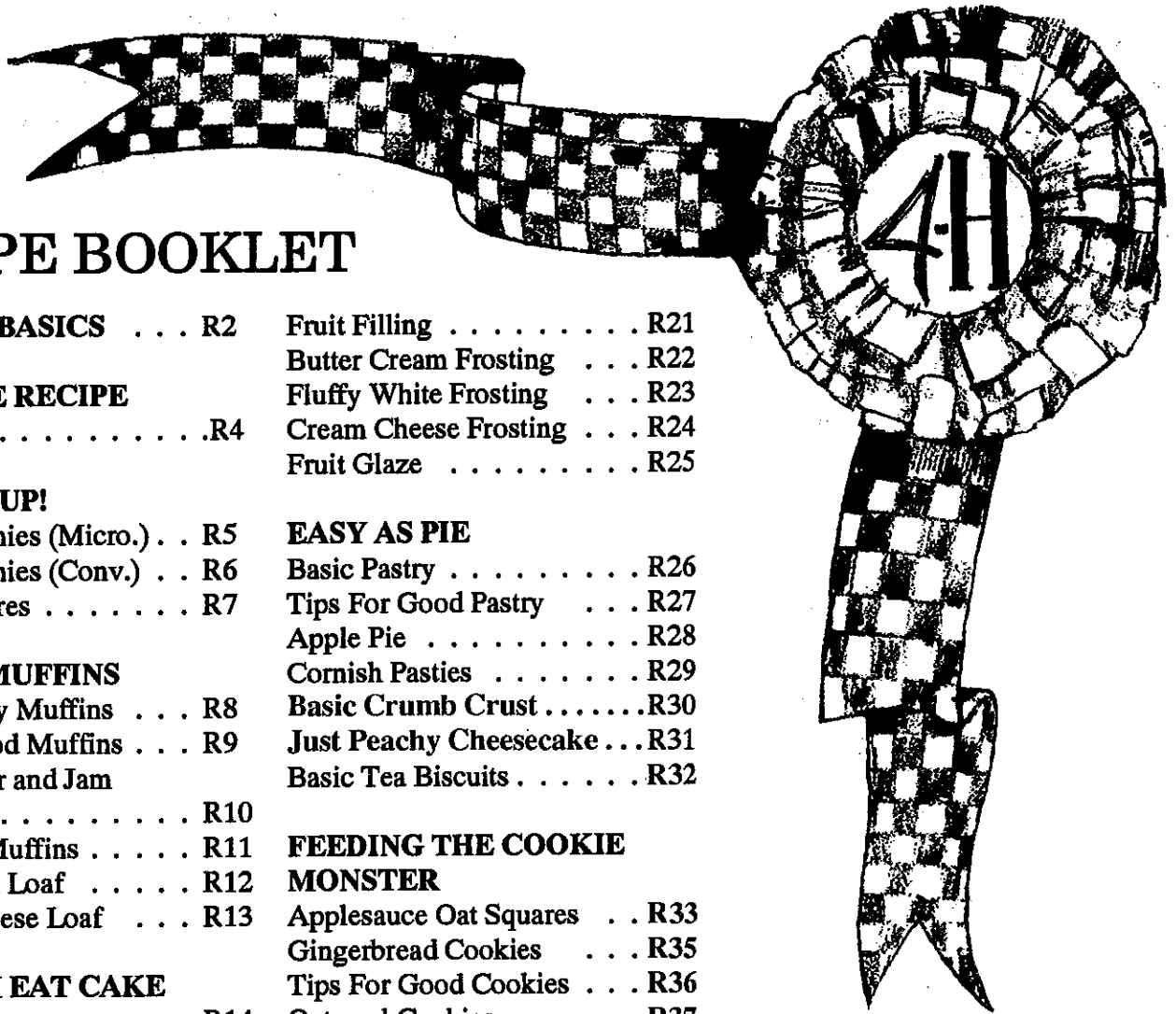
ORGANIC: Foods grown organically have not been exposed to man-made chemicals. The soil is enriched by organic matter only.

SATURATED FATS: Fat that comes from animal products (butter, lard, egg yolks). This type of fat is thought to contribute to cholesterol in the body.

SAVOURY: A dish that is not sweet.

SCRATCH: To make baked products from basic ingredients (not convenience or "mix" products).

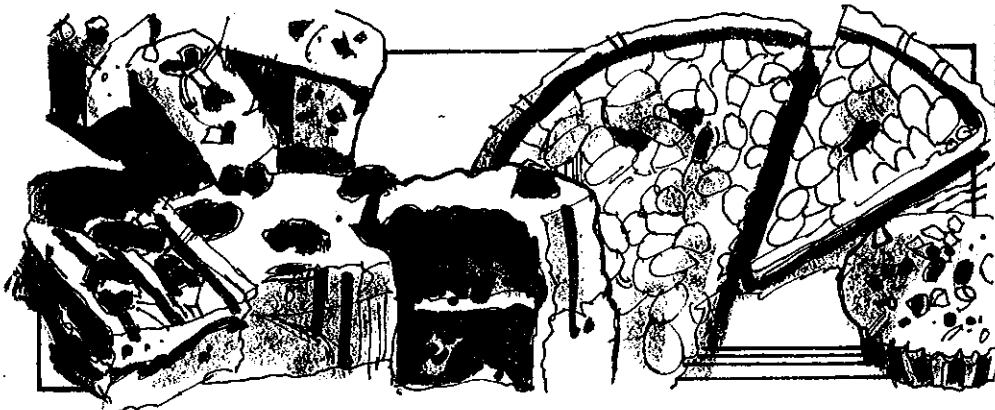
STARCH: A form of carbohydrate found mostly in grains (but also in nuts, seeds, legumes, fruits and vegetables) that is converted to sugar and used as energy by the body.



RECIPE BOOKLET

COOKING BASICS . . . R2	Fruit Filling R21
WHEN THE RECIPE SAYS R4	Butter Cream Frosting . . . R22
MEASURE UP!	Fluffy White Frosting . . . R23
Fudgy Brownies (Micro.) . . R5	Cream Cheese Frosting . . . R24
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Microwave recipes were tested in a microwave oven that operates on 700 watts. Cooking times are approximate since oven wattage varies according to the manufacturer. Power levels are given as percentages. Refer to the owner's manual to see how the percentages relate to high, medium, etc. power levels on the microwave you will be using.



Thanks to the 4-H Members and Leaders who helped to test the recipes for this project.

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Cooking Basics

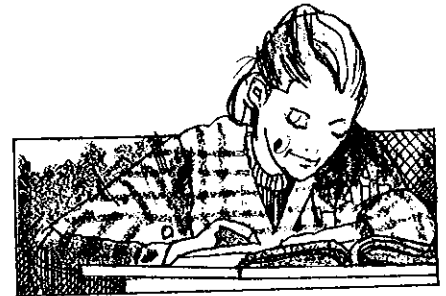
Cooking is fun! It's exciting working with food, trying a recipe, and seeing the results. Half of the fun comes in tasting your creation. Then, there is a special happiness in serving your creation to family and friends.

BEFORE YOU BEGIN



- ✓ Check with the adults in your home to see if it is a good time to be making a recipe.
- ✓ Roll up your sleeves. Put on an apron to keep your clothes clean. Remove rings and bracelets. Wash hands well with soap and water. If your hair is long, pull it back so it doesn't get in your way or in the food.
- ✓ Make sure the kitchen is clean and tidy. It isn't a healthy idea to be working in and around dirty dishes or leftover food.

READ THE RECIPE

- ✓ Read and re-read the recipe before you begin to make sure you are completely familiar with the ingredients and equipment required, and the method.
- ✓ Prepare all the ingredients and get out the equipment listed in the recipe. Place on a tray. Then, when the tray is empty, you'll know you haven't left anything out of the recipe.
- ✓ Some cooks find it helpful to check off the steps in the recipe as they complete them.

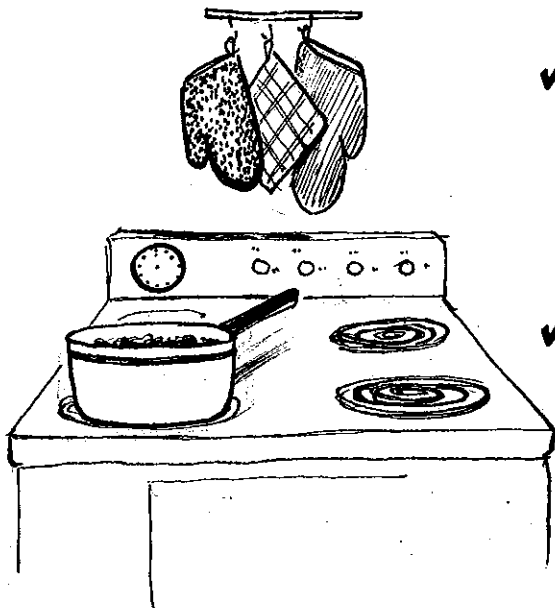


EVEN GREAT COOKS NEED HELP

- ✓ Many chefs need help to make recipes. It's a good idea to have an experienced cook around to help you. That person may be able to answer questions and help with certain equipment or procedures (like food processors or hot pans). Steps or recipes where help from an experienced cook would be useful are marked .
- ✓ In many recipes, the microwave oven can be used. Steps in the recipes where microwave ovens will be useful are marked .



SAFETY MAKES SENSE



- ✓ When heating on the range top, be sure to turn handles toward the middle so they won't catch on anything and tip over.
- ✓ Unplug the electric mixer whenever beaters are put in or taken out. Use dry hands. Remember to grasp the plug, not the cord and pull straight out.
- ✓ Keep pot holders and hot pads handy. Make sure they are thick and dry. Wet holders won't protect you from heat! Make it a habit to set hot pans on a hot pad, wooden cutting board, or cooling rack. Never set a hot pan on a table or counter top.
- ✓ Be careful with sharp knives. Pick up a knife by its handle. Use a cutting board when cutting and chopping food. Take care washing, drying, and storing knives.

THE BEST COOKS ARE CLEAN COOKS

- ✓ Clean up as you go along. Put hot soapy water in the sink. Keep a damp cloth handy to wipe up spills as they happen.
- ✓ Put away ingredients such as butter, eggs and milk as you finish with them.
- ✓ Rinse dishes as you go along. Cold water usually works best. If you have a dishwasher, load it with rinsed bowls and cutlery as you finish.
- ✓ Finish washing and drying equipment. Put it away. Wash counters. Wipe off range top and wipe inside of microwave oven if you used it.
- ✓ Leave the kitchen clean and tidy.

MEASURE MAGIC

- ✓ Accurate measuring of the recipe ingredients is very important for successful results. If you are unsure how to measure an ingredient refer to the Measure Up section, page 6-7 of the Members' Manual.

Following these cooking basics mean happy, healthy and delicious results.

HAPPY COOKING!

When the Recipe Says... It Means...

butter	Usually you can substitute shortening or firm margarine but you should use only butter for butter cakes, shortbread and shortbread cookies.
125 mL butter, melted	Measure the butter, then melt it.
125 mL melted butter	Melt the butter, then measure it.
lard	Shortening can be substituted for lard. Lard is 100% animal fat and therefore adds saturated fat to products (and thus, the diet). For this reason, 100% vegetable shortening is usually used in today's recipes.
margarine	Use firm margarine, because sometimes the soft, or whipped margarines unfavourably alter the texture of baked goods. Usually, you can substitute shortening or butter.
shortening	Use only shortening/lard when making pastry. Otherwise, can substitute butter or margarine if yellow colour is acceptable.
vegetable oil	Use corn, peanut, safflower or canola oil. Sometimes, melted shortening can be substituted.
cream	Unless otherwise stated, use table cream, 18 % or whipping cream.
whipping cream	Contains 35% butter fat, the highest of all the creams. Use only whipping cream to make whipped cream.
milk	Unless otherwise stated, you can use skim, 1%, 2% or whole milk.
buttermilk	Usually, you can add 5 - 10 mL vinegar to fresh milk as a substitute.
evaporated milk	Usually, you can substitute table or half and half cream.
egg	Unless otherwise stated, use large eggs for baking. Eggs add liquid to the recipe and the difference between small and large eggs is significant.
egg, beaten	Break the egg(s) into a small bowl and beat with a wire whisk.
flour	Use all purpose wheat flour.
125 ml sifted flour	Sift the flour, then measure it.
125 ml flour, sifted	Measure the flour, then sift it.
sugar	Use granulated white sugar.
confectioners' sugar	The same as icing sugar.
icing sugar	The same as confectioners' sugar.

Fudgy Brownies

Compare this quick Brownie recipe to the traditional method.

1	square (60 g)	unsweetened chocolate
125	mL	butter or margarine
250	mL	brown sugar
175	mL	all-purpose flour
2		eggs
2	mL	baking powder
2	mL	vanilla extract
1	mL	salt
125	mL	chopped walnuts (optional)

Yield: 16 to 20 squares

Prep. Time: 15 min.

Baking Time: 3 - 6 min.

Equipment:

knife
medium bowl
liquid, dry & small measures
wooden spoon
20 x 20 cm microwave safe square
baking pan
aluminum foil
microwave safe saucer

Method

1. **Read** the recipe and gather equipment you will need.
2. **Chop** chocolate coarsely — until the pieces are the size of grapes.
3. **Combine** chocolate, butter and sugar in medium-size mixing bowl. Microwave at medium power (50%) 2 to 4 minutes, just until melted. Stir with a wooden spoon to blend well.
4. **Add** remaining ingredients, one at a time, stirring after each addition. Beat with a wooden spoon until well blended.
5. **Turn** into ungreased baking dish. Shield or cover the corners of the dish with triangles of foil to keep the corners from overcooking.
6. **Place** dish on inverted saucer in microwave oven to allow for more even cooking. Microwave at 100% power, 3 - 6 minutes or until still moist in the centre. If the microwave does not have a turntable, rotate the dish 1/4 turn after 2, 4 and 5 minutes.
7. **Cool** directly on countertop. Serve warm or cold, unfrosted or frosted.

Microwave Baking Tips

- Check baked products before cooking time is up. Centre should still be moist because the products continue to cook after they are out of the microwave oven.
- To keep brownies moist and chewy, place 125 mL water in a pyrex baking cup beside the brownies as they cook in the microwave oven.
- Baked goods that are cooked in a very short time do not have the browned appearance we are used to. Recipes with chocolate, brown sugar, spices or nuts add colour and are suited for the microwave. Frosting microwaved baked goods can improve the appearance.

Fudgy Brownies

If you like moist, chewy brownies, take them out of the oven after 25 minutes. The colour of the brownies will vary from light to dark brown depending on the brand of cocoa.

175	mL	all-purpose flour
75	mL	unsweetened cocoa
1	mL	salt
250	mL	sugar
2	mL	baking powder
125	mL	butter, margarine or shortening, melted*
2		eggs
50	mL	water
2	mL	vanilla extract
125	mL	chopped walnuts (optional)

Yield: 16 to 20 squares

Prep. Time: 30 min.

Baking Time: 25 - 30 min.

Equipment:

20 x 20 cm square baking pan
liquid, dry & small measures
sieve or sifter
medium bowl
wooden spoon
wire rack

Method

1. **Read** the recipe and gather equipment you will need.
2. **Grease** bottom and sides of pan with butter, margarine or shortening. Preheat oven to 160°C (325°F).
3. **Sift** flour, cocoa, salt, sugar and baking powder into medium-size mixing bowl.
4. **Add** melted butter, eggs, water and vanilla. Beat with a wooden spoon until well blended.
5. **Stir** in chopped walnuts if using.
6. **Turn** into prepared pan. Bake in preheated oven for 25 to 30 minutes. Brownies are done when a tester comes out clean, or when they begin to pull away from the sides of the pan.
7. **Cool** on a wire rack. Serve warm or cold, unfrosted or frosted.

Microwave Baking Tip



To melt 125 mL fat, place in small microwave safe bowl and microwave at 100% power for 25 - 40 seconds.

Veggie Squares

Bright in colour, this savoury dish tastes like pizza, especially if you use the oregano. Omit or use less oregano for a milder tasting dish.

375	mL	grated carrots or zucchini, washed & peeled (3 or 4)
250	mL	biscuit mix (Teabisk or Bisquick — wholewheat type if available)
125	mL	grated parmesan cheese
50	mL	grated cheddar cheese
50	mL	vegetable oil
2		eggs, beaten
30	mL	finely chopped onion
30	mL	chopped parsley
3	mL	oregano

Yield: 16 to 20 squares

Prep. Time: 15 min.

Baking Time: 20 - 25 min.

Equipment:

20 x 20 cm square baking pan
liquid, dry & small measures
large bowl
wooden spoon
wire rack

Method

1. **Read** the recipe and gather equipment you will need.
2. **Grease** pan. Preheat oven to 190°C (375°F).
3. **Place** all ingredients in a large mixing bowl, in the order they are listed and stir well after each addition.
4. **Turn** into prepared pan.
5. **Bake** for 20 - 25 minutes, until lightly browned.
6. **Cool** on wire rack, serve warm or cold, plain or with butter or cream cheese.

Ontario Berry Muffins

Use the fresh or frozen goodness of Ontario Berries in these Muffins.

125	mL	whole wheat flour
125	mL	all purpose flour
50	mL	bran
2	mL	baking powder
2	mL	baking soda
2		eggs, beaten
125	mL	vegetable oil
125	mL	honey
75	mL	milk
5	mL	vanilla extract
250	mL	fresh or frozen blueberries; if frozen, thaw and drain well

Yield: 12 medium muffins

Prep. Time: 30 min.

Baking Time: 18 - 20 min.

Equipment:

12 muffin pan
12 paper liners (optional)
liquid, dry & small measures
large bowl
wooden spoon
medium bowl
wire whisk
spoon
wire rack

Method

1. **Read** the recipe and gather equipment you will need.
2. **Grease** and lightly flour muffin pan, or fill with paper liners.
3. **Preheat** oven to 190°C (375°F).
4. **Combine** the dry ingredients (flours, bran, baking powder and soda) in a large bowl. Stir to mix, make a well or hole in the centre of the dry ingredients.
5. **Combine** the liquid ingredients (eggs, oil, honey, milk, vanilla) in a medium bowl. Mix well with a wire whisk.
6. **Stir** the liquid ingredients into the dry ingredients, all at once. Stir until just mixed. Stir in blueberries.
7. **Spoon** the batter into the prepared muffin cups so they are two-thirds full.
8. **Bake** for 18 - 20 minutes until firm and golden. Muffins are done when a tester comes out clean. Place pan on wire rack to cool.

Tips for Good Muffins

- Remember that liquids (including melted fat) are added to dry ingredients "all at once."
- Keep mixing to a **MINIMUM!**
- Avoid unnecessary mixing or stirring when batter is being put into the pans.



Quality Characteristics

	Poor		Satisfactory		Excellent	
	1	2	3	4	5	
Appearance	smooth surface, uneven				evenly balanced, pebbly rounded top	
Texture	soggy/dry with large tunnels				moist with uniform holes	
Tenderness	tough and heavy				light and tender	
Flavour	unpleasant				pleasant	

What Went Wrong? And How To Fix It!

- **Unevenly browned** Too hot an oven, oven does not heat uniformly, pans filled too full, wrong proportions, too much beating
- **Peaks** Pans filled too full, heat uneven, too much stirring, insufficient leavening, too stiff a mixture, too hot an oven
- **Tough** Wrong proportions, too much mixing
- **Heavy and irregular in grain, tunnels** Insufficient leavening, too much mixing
- **Smooth crust** Too much mixing
- **Hard crust** Too long baking, too high a temperature
- **Harsh, dry crumb** Too stiff a batter, overbaked

Peanut Butter and Jam Muffins

500	mL	whole wheat flour
5	mL	baking powder
2	mL	baking soda
2	mL	salt
2		eggs, beaten
50	mL	vegetable oil
50	mL	honey or maple syrup
175	mL	milk
125	mL	peanut butter
250	mL	blueberry, raspberry or strawberry jam

Yield: 12 - 18 medium muffins

Prep. Time: 15 min.

Baking Time: 18 - 20 min.

Equipment:

12 and 6 muffin pan
12 - 18 paper liners (optional)
liquid, dry & small measures
large bowl
wooden spoon
medium bowl
wire whisk
spoon
wire rack

Method

1. **Read** the recipe and gather equipment you will need.
2. **Grease** and lightly flour muffin pans or fill with paper liners.
3. **Preheat** oven to 190°C (375°F).
4. **Combine** the dry ingredients (flour, baking powder and soda, salt) in a large bowl. Stir to mix, make a well or hole in the dry ingredients.
5. **Combine** the liquid ingredients (eggs, oil, honey, milk, peanut butter) in a medium bowl. Mix well with a wire whisk.
6. **Stir** the liquid ingredients into the dry ingredients, all at once. Stir until just mixed.
7. **Spoon** the batter into the prepared muffin cups so they are two-thirds full. Make a well (hole) in the centre of the batter in each muffin. Spoon about 10 mL of jam into each well.
8. **Bake** in preheated oven for 18 - 20 minutes until firm and golden. Muffins are done when a tester comes out clean. Place pan on wire rack to cool.

Basic Bran Muffins

This recipe has less sugar & fat, and more fiber (from the bran, wholewheat flour and raisins/dates) than most commercially bought muffins.

500	mL	natural bran
250	mL	whole wheat flour
5	mL	baking powder
2	mL	baking soda
2	mL	salt
2		eggs, beaten
125	mL	vegetable oil
125	mL	molasses
250	mL	milk
250	mL	raisins OR chopped dates

Yield: 18 - 20 medium muffins

Prep. Time: 15 min.

Baking Time: 18 - 20 min.

Equipment:

2, 12 muffin pans
24 paper liners (optional)
liquid, dry & small measures
large bowl
wooden spoon
medium bowl
wire whisk
spoon
wire rack

Method

1. **Read** the recipe and gather equipment you will need.
2. **Grease** and lightly flour muffin pans or fill with paper liners.
3. **Preheat** oven to 190°C (375°F).
4. **Combine** the dry ingredients (bran, flour, baking powder and soda, salt) in a large bowl. Stir to mix, make a well or hole in the dry ingredients.
5. **Combine** the liquid ingredients (eggs, oil, molasses, milk) in a medium bowl. Mix well with a wire whisk.
6. **Stir** the liquid ingredients into the dry ingredients, all at once, using a wooden spoon. Stir until just mixed. Stir in raisins or dates.
7. **Spoon** the batter into the prepared muffin cups so they are two-thirds full.
8. **Bake** in preheated oven for 18 - 20 minutes until firm and golden. Muffins are done when a tester comes out clean. Place pan on wire rack to cool.

Apricot Bran Loaf

Quick breads are, quite simply, muffins baked in a loaf! Usually, any recipe that makes 1 dozen muffins can be baked in a greased & floured loaf pan. Try peanut butter sandwiches made with this quick bread.

125	mL	chopped, dried apricots (size of small peas)
125	mL	apple juice
250	mL	wholewheat flour
125	mL	all purpose flour
125	mL	quick rolled oats
125	mL	brown sugar
10	mL	baking powder
2	mL	baking soda
2	mL	salt
1	mL	cinnamon
1	mL	nutmeg
1		egg
150	mL	milk
50	mL	vegetable oil

Yield: 1 loaf

Prep. Time: 25 min.

Baking Time: 60 min.

Equipment:

loaf pan
cutting board
knife
small bowl
liquid, dry & small measures
wooden spoons
large bowl
medium bowl
wire whisk
spatula
wire rack

Method

1. **Read** the recipe and gather the equipment you will need.
2. **Grease** and lightly flour loaf pan. Preheat oven to 190°C (375°F).
3. **Combine** chopped apricots and apple juice in a small bowl, stir and allow to soak.
4. **Combine** the dry ingredients (flours, rolled oats, sugar, baking powder and soda, salt, spices) in a large bowl. Stir with a wooden spoon to mix, make a well or hole in the dry ingredients.
5. **Combine** the liquid ingredients (egg, milk, oil) in a medium bowl. Mix well with a wire whisk.
6. **Stir** the liquid ingredients into the dry ingredients, all at once. Stir in apricots and apple juice, stir until just mixed.
7. **Spoon** the batter into the prepared loaf pan so it is two-thirds full.
8. **Bake** for 60 minutes until golden and tester comes out clean. Cool on wire rack.

Cheddar Cheese Loaf

Slice this loaf and try it toasted. Serve with a main dish.

375	mL	all purpose flour
125	mL	whole wheat flour
30	mL	sugar
10	mL	baking powder
2	mL	baking soda
2	mL	salt
5	mL	garlic powder
250	mL	grated cheddar cheese
1		egg
50	mL	vegetable oil
200	mL	buttermilk OR 200 mL milk + 5 mL vinegar

Yield: 1 loaf

Prep. Time: 25 min.

Baking Time: 60 min.

Equipment:

1 loaf pan
liquid, dry & small measures
large bowl
wooden spoon
medium bowl
wire whisk
spatula
wire rack

Method

1. **Read** the recipe and gather equipment you will need.
2. **Grease** and lightly flour loaf pan. Preheat oven to 190°C (375°F).
3. **Combine** the dry ingredients (flours, sugar, baking powder and soda, salt, garlic powder) in a large bowl. Add cheese, stir to mix, make a well or hole in the dry ingredients.
4. **Combine** the liquid ingredients (egg, oil, buttermilk) in a medium bowl. Mix well with a wire whisk.
5. **Stir** the liquid ingredients into the dry ingredients, all at once, using a wooden spoon. Stir until just mixed.
6. **Spoon** the batter into the prepared loaf pan so it is two-thirds full.
7. **Bake** for 60 minutes until golden and tester comes out clean. Cool on wire rack.

Butter Cake

A traditional cake that can be used for novelty cake shapes.

375	mL	sifted cake & pastry flour
5	mL	baking powder
2	mL	salt
200	mL	butter, at room temperature
175	ml	sugar
5	mL	vanilla extract
3	large	eggs
50	mL	milk

Yield: 1, 20 x 20 cm square cake

Prep. Time: 30 min.

Baking Time: 30 - 40 min.

Equipment:

1, 20 x 20 cm square pan or 2, 23 cm layer cake pans

liquid, dry & small measures

sieve/sifter

medium bowl

large bowl

electric mixer/wooden spoon

spatula

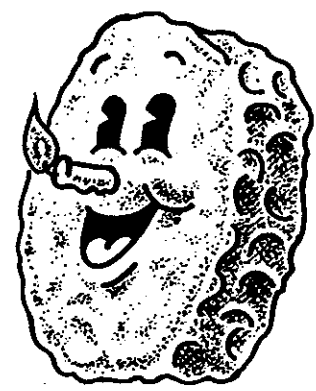
wire rack

Method

1. **Read** the recipe and gather equipment you will need.
2. **Grease** and lightly flour cake pan(s). Preheat oven to 180°C (350°F). Adjust oven rack to middle of the oven.
3. **Sift** flour, baking powder and salt into medium bowl.
4. **Cream** butter until smooth, in a large bowl, using electric mixer or a wooden spoon.
5. **Beat** sugar into butter gradually, creaming well. Beat in vanilla.
6. **Add** eggs, one at a time, beating well after each addition.
7. **Add** dry ingredients alternately with milk, beating until smooth after each addition.
8. **Turn** batter into prepared pan. Spread the batter a little higher towards the edges. Bake on middle rack, in preheated oven for 30 to 40 minutes or until cake tester comes out clean.
9. **Cool** cake in pan on wire rack for 10 minutes. Remove from pan and continue to cool on wire rack.

Tips for Good Butter Cakes

- Fat at room temperature to cream easier and incorporate more air
- Grease pans well and don't forget the corners
- Batter should fill the pan exactly half-way
- Centre of cake will rise more during baking so push batter higher into corners to ensure that surface will be level when baked



Quality Characteristics

	Poor		Satisfactory		Excellent
	1	2	3	4	5
Appearance	uneven colour, fallen, cracked, uneven thickness				even thickness, smooth surface, golden brown
	1	2	3	4	5
Texture	coarse, crumbly				fine, velvety, moist
	1	2	3	4	5
Tenderness	tough, heavy, soggy				light and tender
	1	2	3	4	5
Flavour	flat, uneven sweetness				delicately sweet, well blended flavour

What Went Wrong? And How To Fix It!

- Sugary or sticky crust Too much sugar or leavening; improper method of mixing; underbaking
- Uneven browning Too little leavening; undermixing; uneven heat of oven;
- Uneven shape Cake not level as it cooked; warped pan
- Falls, low in centre Too thin a batter; too much sugar, fat or leavening; undermixing; too much batter in pan; moving the cake during baking; oven temperature too low, underbaking
- Coarse Too much sugar or leavening; undermixing; incorrect temperature
- Heavy Too little leavening; too much fat, sugar or liquid; overmixing; pan too heavily greased; underbaking; too much batter in pan
- Tough Too little fat, sugar or leavening; too much flour; overmixing
- Dry Not enough fat, sugar or liquid; too much flour or leavening; addition of cocoa with no increase in liquid or decrease in flour; egg whites beaten too much; overbaking
- Soggy Too much sugar, liquid or leavening; undermixing

Angel Food Cake



This cake doesn't crumble which makes it easy for young children to eat. It is a healthier cake than most. Store egg yolks covered, in refrigerator for 1 - 2 days. Use for scrambled eggs, Western sandwich fillings, custards; add 30 mL to muffins and other baked goods recipes. See The Great Chicken & Egg 4-H Project for other recipes using egg yolks

12 - 14		large egg whites, (450 mL in a liquid measure)
300	mL	sifted cake & pastry flour
2	mL	salt
450	mL	sugar (measure 250 mL and 50 mL, 4 times)
7	mL	cream of tartar
5	mL	vanilla extract
2	mL	almond extract

Yield: 1, 25 cm tube cake,
12 servings

Prep. Time: 30 min.

Baking Time: 30 - 35 min.

Equipment:

bowls to separate eggs
liquid, dry & small measures
sieve/sifter, waxed paper
medium & large bowl
electric mixer/hand beaters
25 cm tube pan**
spatula
knife
wire rack

**If you only have a smaller tube pan, fill only to within 5 cm of the top of the pan. This will allow for the cake to rise without overflowing the pan. Use the extra batter to make cupcakes.

Method

1. **Separate** and measure egg whites so that they will be at room temperature.
2. **Read** the recipe and gather equipment you will need.
3. **Preheat** oven to 190°C (375°F). Adjust oven rack to lowest position.
4. **Sift** and measure flour, then sift again with salt onto a piece of waxed paper.
5. **Measure** sugar then sift onto another piece of waxed paper. Sift again into a medium bowl.
6. **Transfer** egg whites to a large bowl. Beat whites, using electric/hand beaters, until they are foamy. There should be no clear liquid at the bottom of the whites.
7. **Add** cream of tartar and beat until soft peaks form. Peaks will fall over when beaters are lifted from the whites.
8. **Beat** sugar into egg whites, 15 mL at a time at first, then 50 mL at a time. It is important not to beat in the sugar too soon and to add sugar **very slowly** at first.
9. **Beat** in vanilla and almond flavouring.

10. **Sift** one fourth of the sifted flour and salt over egg whites. Gently fold flour into whites. Continue folding in flour mixture, one fourth at a time.
11. **Turn** batter into ungreased pan.
12. **Bake** on lowest rack in preheated oven for 30 to 35 minutes or until cake tester comes out clean.
13. **Turn** pan upside down (on built-in legs) or on wire rack to cool completely — 2 hours.
14. **With** knife, loosen cake from sides of pan; turn out.

Egg Foam Techniques

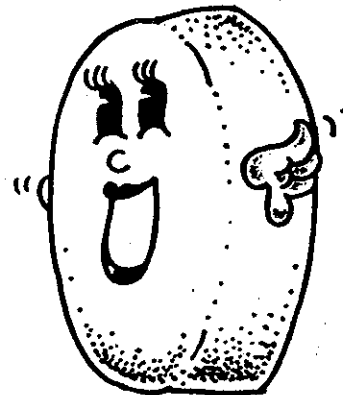
Egg foam cakes rely entirely upon air and steam to make them rise. You will see that the air you incorporate into the egg whites gives the angel food cake lightness and makes it rise beautifully. In addition to the air beaten into the egg whites, you are also "aerating" (putting air into) the flour and sugar by sifting them. Make sure to sift the flour before and after measuring and to sift the sugar at least twice.

Beat Egg Whites until Foamy: Use an electric or rotary beater and beat the whites until there are bubbles on the top and no solid whites on the bottom.

Beat Egg Whites until Soft Peaks Form: Use an electric or rotary beater and beat the whites for approximately 5 to 10 minutes. When you lift the beaters out of the whites, a peak will pull up from the mixture but will immediately fall over.

Tips for Good Egg Foam Cakes

- Separate eggs when cold
- Bring all ingredients to room temperature
- Pans must be free from grease to give batter a good grip on the sides of the pan for rising
- Use a tube pan for best results



Quality Characteristics

	Poor		Satisfactory		Excellent
	1	2	3	4	5
Appearance	sunken surface, deep crevices, pale				level, slightly rough surface, delicate brown
Texture	dry, coarse				moist with uniform small cells
Tenderness	tough and heavy				light and tender
Flavour	flat, overly sweet, eggy				pleasing, delicate flavour

What Went Wrong? And How To Fix It!

- Unevenly browned Too hot an oven, oven does not heat uniformly
- Batter overflows pan Pans filled too full; heat uneven; too many egg whites
- Cake collapses Whites not stiff enough, not folded in properly, yolk or grease in mixture/pans; oven not hot enough
- Tough, thick cell walls, large cells Egg whites underbeaten; too little mixing; too hot an oven
- Harsh, dry crumb Overbaked; egg whites overbeaten; too much mixing; too much flour; too little sugar; oven temperature too low
- Heavy texture Whites not folded in properly; cream of tartar omitted
- Thick, hard crust Oven too hot at first; too long baking
- Sticky crust Too much sugar; damp flour; baking time too short

Spice Cake

A relatively low fat cake when served with fruit topping instead of icing. Try applesauce, rhubarb, cherry or apricot compote or slices of raw peach, pear or plum.

375	mL	all purpose flour
5	mL	baking soda
2	mL	ground cinnamon
5	mL	ground ginger
75	mL	butter, shortening or margarine at room temperature
50	mL	brown sugar
1		egg
125	mL	molasses
125	mL	buttermilk OR 125 mL milk + 10 mL vinegar

Yield: 1- 20 cm square cake

Prep. Time: 30 min.

Baking Time: 25 - 35 min.

Equipment:

20 x 20 cm square cake pan
sieve/sifter
liquid, dry & small measures
medium bowl
large bowl
electric mixer/wooden spoon
spatula
wire rack

Method

1. **Read** the recipe and gather equipment you will need.
2. **Grease** and lightly flour cake pan. Preheat oven to 180°C (350°F). Adjust oven rack to middle position in oven.
3. **Sift** flour, baking soda and spices into medium bowl.
4. **Cream** butter in a large bowl. Beat in brown sugar until light and fluffy.
5. **Add** egg, then molasses, beat well.
6. **Add** dry ingredients alternately with buttermilk, beating until smooth after each addition.
7. **Turn** out batter into prepared pan. Bake on middle rack, in preheated oven for 25 to 35 minutes or until cake tester comes out clean.
8. **Cool** cake in pan on wire rack for 10 minutes. Remove from pan, serve warm or cold.

Raisin Spice Cake

A moist, tender cake, easily prepared and baked in the microwave oven.

250	mL	raisins
175	mL	brown sugar
175	mL	water
50	mL	molasses
2	mL	ground cinnamon
1	mL	nutmeg
1	mL	ground ginger
125	mL	shortening (or butter, or margarine)
500	mL	all purpose flour
5	mL	baking soda
2	mL	salt

Yield: 1, 23 cm round cake
or 1, 20 cm square cake

Prep. Time: 15 min.

Baking Time: 5 - 6 min.

Equipment:

23 cm round OR 20 x 20 cm square
microwave-safe cake pan
liquid, dry & small measures
2 L liquid measure or medium,
microwave-safe bowl
wooden spoon
medium bowl
spatula
aluminum foil

Method

1. **Read** the recipe and gather equipment you will need.
2. **Lightly** grease bottom of cake pan.
3. **Combine** raisins, sugar, water, molasses, cinnamon, nutmeg and ginger in 2 L liquid measure. Stir well. Cut shortening into pieces and add to raisin mixture. Microwave at 100% power for 3 - 4 minutes, or until sugar and shortening melt. Remove from microwave oven. Stir well.
4. **Meanwhile**, mix together flour, baking soda and salt in medium bowl. Stir into raisin mixture, using wooden spoon. Mix well.
5. **Pour** batter into prepared pan. If using square pan, shield corners with foil. Microwave at 100% power for 4 minutes, rotating dish 1/4 turn each minute.
6. **Remove** shields. Microwave at 100% power for another 1 minute. Test for doneness — a cake tester inserted in center of cake should come out clean but cake should still be moist on the top. If not quite done in center, microwave at 100% power for one more minute.
7. **Let** cake cool on counter.

Fruit Filling

Use frozen strawberries, raspberries, cherries or blueberries for this simple fruit filling. Spread between layers of cake for a soft texture and contrasting flavour.

125	mL	sugar
45	mL	cornstarch
2	mL	salt
1	300 g pkg.	frozen Ontario berries, thawed**
10	mL	lemon juice
15	mL	butter

**To thaw frozen berries: Place package in a bowl to catch the juice. Thaw in refrigerator overnight OR at room temperature 2 - 3 hours. To thaw in the microwave, use 50% power for 6 - 7 minutes. Turn package over halfway through defrosting. Let stand 10 minutes.

Yield: filling for a 23 cm layer cake (200 mL)

Prep. Time: 10 min.

Cooking Time: 6 - 8 min.

Equipment:

medium microwave safe bowl
liquid, dry & small measures
wooden spoon
wire whisk

Method

1. **Read** the recipe and gather equipment you will need.
2. **Combine** sugar, cornstarch and salt in microwave safe, medium bowl, stir with a wooden spoon to mix well. Make sure there are no lumps in the mixture.
3. **Drain** all the juice from the thawed berries and stir it into cornstarch mixture. Stir in lemon juice.
4. **Microwave** on 75% power for 1 minute. Stir with whisk.
5. **Microwave** on 75% power for another 2 minutes, stopping after each minute to stir and turn the bowl.
6. **Stir** in thawed berries. Microwave on 75% power for another 3 - 5 minutes, stopping once to stir and turn the bowl. Cooking is completed when mixture is thick and smooth.
7. **Remove** bowl from microwave oven, add butter and stir until melted and completely mixed. Place a piece of plastic wrap right onto the surface of the mixture. Cool completely. This prevents air from hardening the surface of the mixture. Chill in refrigerator before spreading on cake for filling. The filling should be fairly thick — like jam.

Butter Cream Frosting

Frostings seal the cake from air, helping it to stay fresh and moist longer. Try different flavourings such as almond, orange or maple in place of the vanilla.

125	mL	butter, softened
750 - 1000	mL	icing sugar
25	mL	milk
5	mL	vanilla extract

Yield: enough to fill & frost a 23 cm, 2-layer cake

Prep. Time: 15 min.

Cooking Time: none


Equipment:

liquid, dry & small measures
medium bowl
wooden spoon
metal spatula

Method

1. **Read** the recipe and gather equipment you will need.
2. **Cream** the butter in a medium bowl. Add 500 mL of the sugar, gradually, using a wooden spoon. Cream to blend well.
3. **Beat** in milk and vanilla.
4. **Test** the frosting to see if it is the right thickness to spread and yet hold its shape on the cake. If necessary, add up to another 500 mL of sugar gradually until the right consistency is reached.
5. **Spread** on completely cooled cake, using metal spatula.

Chocolate Fudge Variation: Blend 2 squares (60 g/ 2 oz) melted, unsweetened chocolate into the creamed butter at the end of step 2.

 To melt chocolate using the microwave oven, place chocolate in a small microwave-safe bowl. Microwave at 60 % power for 1 minute. Stir and remove if melted. If not quite melted, microwave at 60% power for another 30 seconds.

Frosting Techniques

When making frostings, heat and humidity will affect the consistency of the frosting. That is why most recipes give a range of liquid or icing sugar. Whenever a range of ingredients is given, always add the smaller amount at first, then test to see if the frosting is thin enough to spread, yet thick enough to stay on the cake without running and pooling on the plate.

A good way to test the thickness of frosting is to drop it from a spoon back into the bowl. If it is slow to flow off the spoon and comes off in clumps, it is too thick. If it runs off quickly in a thin stream, it is too thin.

Keep track of the amount of liquid or sugar you use and once you get a good consistency, write it beside the recipe so that you will know what worked for you.

Fluffy White Frosting



375	mL	sugar
75	mL	water
30	mL	light corn syrup
2	mL	salt
2		egg whites
5	mL	vanilla extract

Yield: enough to fill & frost a 23 cm, 2-layer (or larger) cake, use 1/2 the recipe for a 20 x 20 cm sq. or 23 cm round cake

Prep. Time: 15 min.

Cooking Time: 7 - 10 min.

Equipment:

heatproof medium bowl & medium saucepan or double boiler
liquid, dry & small measures
wooden spoon
electric mixer/hand mixer
metal spatula
wire rack

Method

1. **Read** the recipe and gather equipment you will need.
2. **Combine** all ingredients except egg whites and vanilla in heatproof bowl (or top of double boiler). Stir well with wooden spoon.
3. **Place** over simmering water and beat in egg whites with an electric mixer. Continue beating mixture until it triples in volume and holds stiff peaks. This takes about 7 - 10 minutes.
4. **Remove** from the double boiler and place on wire rack on counter. Beat in the vanilla. Beat 1 - 2 minutes longer, until frosting is thick.
5. **Spread** on cake while the frosting is still slightly warm.

Cream Cheese Frosting

Use low fat cream cheese to reduce fat content in the overall cake. Thin this frosting with 15 - 25 mL milk for a glaze that can be drizzled on warm cake.

500 - 750	mL	icing sugar
1 pkg.	250 g	cream cheese, softened
5	mL	milk
5	mL	lemon juice

Yield: enough to fill & frost a 23 cm 2-layer cake

Prep. Time: 15 min.

Equipment:

medium bowl
liquid, dry & small measures
wooden spoon
metal spatula

Method

1. **Read** the recipe and gather equipment you will need.
2. **Beat** 500 mL icing sugar and cream cheese, in a medium bowl, until blended.
3. **Stir** in milk and vanilla and beat until creamy.
4. **Test** the frosting to see if it is the right thickness to spread and yet hold its shape on the cake. If necessary, add up to another 250 mL of icing sugar gradually until the right consistency is reached.
5. **Spread** on completely cooled cake, using a metal spatula.

Fruit Glaze

Use frozen/canned peaches, strawberries, raspberries or blueberries for this glaze for tarts, pies and cakes.

125	mL	sugar
30	mL	cornstarch
2	mL	salt
250	mL	frozen/canned Ontario berries, thawed**
15	mL	lemon juice

**See tip under Fruit Filling for how to thaw frozen berries.

Yield: 250 mL

Prep. Time: 15 min.

Cooking Time: 15 min.

Equipment:

small saucepan
liquid, dry & small measures
whisk
medium bowl
potato masher or food processor
wooden spoon
small bowl

Method

1. **Read** the recipe and gather equipment you will need.
2. **Combine** sugar, cornstarch and salt in small saucepan. Stir well, with whisk, making sure there are no lumps.
3. **Place** canned/thawed fruit and the juice in medium bowl. Mash with potato masher until fruit is in small lumps. Or, place in bowl of food processor fitted with steel blade. Process 30 seconds until fruit is in small lumps.
4. **Stir** mashed fruit, juice and lemon juice into cornstarch mixture. Stir well with wooden spoon, making sure there are no lumps.
5. **Cook** and stir over medium heat, stirring constantly until the mixture comes to a boil and is slightly thickened and smooth.
6. **Transfer** to small bowl, cover the surface with plastic wrap and cool completely.
7. **Spread** evenly over fruit tarts or pies or drizzle over warm cakes.

Basic Pastry

Keep ingredients cold for better results.

500	mL	all-purpose flour**
2	mL	salt
175	mL	shortening (or lard), cold
50 - 100	mL	ice cold water

** substitute cake & pastry OR all-purpose spelt OR cake & pastry wholewheat flour

Yield: 2, 23 cm shells or 1, 23 cm double pie

Prep. Time: 20 min.

Baking Time: 30 min.

Chilling Time: 30 min.

Equipment:

medium bowl
liquid, dry & small measures
pastry blender/2 knives
fork
waxed paper

Method

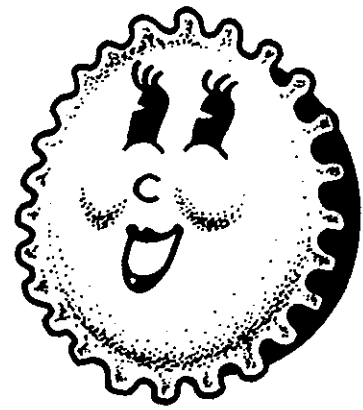
1. **Read** the recipe and gather equipment you will need.
2. **Combine** flour and salt in medium bowl. Stir to blend.
3. **Cut** cold shortening into flour mixture with a pastry blender or 2 knives until mixture looks like small peas.
4. **Sprinkle** cold water, 15 mL at a time over flour while tossing lightly with a fork.
5. **Form** into a ball and cut in half. Wrap separately in waxed paper and refrigerate for 30 minutes.
6. **Use** in Apple Pie or Cornish Pasties recipes.

Techniques

To cut in, mix fat into flour with a pastry blender or 2 knives. The object is to trap small pieces of fat between layers of dough so that when the pastry cooks, the fat melts and "shortens" or tenderizes the pastry.

Tips for Good Pastry

- Ensure that fat and water are cold
- Keep dough cool for easy handling
- A rolling pin sleeve and/or pastry cloth keep dough from sticking
- Handle and roll with a "light touch"



Quality Characteristics

	Poor		Satisfactory		Excellent
	1	2	3	4	5
Appearance	too light or too dark; uneven colour				rough surface, delicately brown
Texture	dense and crumbly				light and flaky
Tenderness	tough or hard				crisp and tender
Flavour	raw or burned; greasy				pleasant

What Went Wrong? And How To Fix It!

- **Tough crust** Insufficient fat; too much water; overmixing; too much flour on board
- **Crumbly crust** Too little water; too much fat; self-rising flour used; insufficient mixing
- **Pale crust** Too little fat; too much water; too much flour on board; overmixed; rolled too thick; oven temperature too low
- **Soggy lower crust** Filling too moist; bottom crust torn or broken, soaked before baking starts; using shiny pie pan; placing pie pan on cookie sheet or aluminum foil; oven temperature too low or time too short
- **Shrinks in pan** Unbalanced recipe; too much handling; pastry stretched tightly in pan; dough stored too long in refrigerator; dough uneven in thickness
- **Pastry shell blisters** Pastry fitted too tightly in pan; not pricked/enough; oven temperature too low

Apple Pie



Experiment with different varieties of apples to see what taste and texture you like best. Good cooking apples include Ida Red, MacIntosh, Empire, Courtland and Spy.

1	recipe	pastry, sufficient for 23 cm double crust pie, prepared & chilled
1250	mL	sliced, apples (6-8 whole)
125	mL	brown or white sugar
50	mL	all-purpose flour
2	mL	cinnamon
15	mL	lemon juice
15	mL	butter, cut into small pieces

Yield: 1, 23 cm pie

Prep. Time: 30 min.

Baking Time: 55 - 65 min.

Equipment:

rolling pin
23 cm pie plate
apple peeler
paring knife
liquid, dry & small measures
large bowl
wooden spoon
pastry brush
wire rack

Method

1. **Read** the recipe and gather equipment you will need.
2. **Preheat** oven to 225°C (450°F). Adjust oven rack to middle position.
3. **Remove** one half of the dough from refrigerator. Roll out on lightly floured surface to about 0.5 cm thick. Transfer pastry to line the pie plate, trim away excess pastry. See Members' Manual, page 24, for complete instructions.
4. **Peel** apples. Cut into quarters, remove core and slice. Combine apple slices, sugar, flour, cinnamon and lemon juice in large bowl. Mix well.
5. **Place** apple mixture in pie shell lined with pastry. Dot apple mixture with pieces of butter.
6. **Roll** out remaining dough on lightly floured surface to about 0.5 cm thick. Fold in half, cut vents in center, place on top of apple filling. Trim away excess pastry, seal edges and make a decorative finish to edges. See Members' Manual, page 24-25, for complete instructions. For a glazed pastry finish, brush top covering of dough with 15 mL milk before baking.
7. **Bake** on middle rack, in preheated oven for 15 minutes, leave in oven and reduce heat to 180°C (350°F) and continue baking for another 40-50 minutes.
8. **Remove** from oven and cool on wire rack.

Cornish Pasties

1	recipe	wholewheat pastry (sufficient for 23 cm double crust pie), prepared & chilled
1		potato
2		carrots
1		small onion
250	g	ground round steak/beef/pork/chicken
15	mL	dried parsley
3	mL	salt
1	mL	pepper
1		egg, lightly beaten (optional)

Yield: 8 pasties

Prep. Time: 30 min.

Baking Time: 55 min.

Equipment:

2 baking (cookie) sheets
liquid, dry & small measures
paring knife
vegetable peeler, grater
food processor (optional)
cutting board
large bowl
wooden spoon
rolling pin

Method

1. Read the recipe and gather equipment you will need.
2. Preheat oven to 220°C (425°F). Adjust racks to upper middle and middle positions. Lightly grease 2 cookie sheets.
3. Peel and finely chop or grate potato, carrots and onion or use the coarse shredder of food processor (see below). Combine meat, chopped vegetables, parsley, salt and pepper in a large bowl. Mix thoroughly.
4. Cut chilled pastry into 8 equal portions. Roll each portion into a circle, 16 cm in diameter, about 0.25 cm thick.
5. Brush edge of pastry circle with water. Place 75 ml meat mixture on one half of each pastry circle. Fold pastry over filling and press edges together. Seal edges by pressing with a fork. Brush tops of pasties with beaten egg for a glazed finish.
6. Place on prepared baking sheets. Bake on upper middle and middle racks, in preheated oven for 10 minutes, then reduce heat to 190°C (375°F) and continue baking for 45 minutes or until pasties are golden brown. Serve hot.

Using The Food Processor

In step 3, quarter potato, carrots and onion and place in bowl of food processor, fitted with steel blade. Process 1 minute, until coarsely chopped.

Add ground meat to bowl, process vegetables and meat 1 - 2 minutes more, until well mixed.

Basic Crumb Crust Pie Shell



75 mL butter or margarine

375mL graham wafer crumbs

50 mL sugar

Yield: 1, 20 cm crumb crust

Prep. Time: 10 min.

Baking Time: 1 1/2 - 2 min.

Equipment:

20 cm pie plate
liquid, dry & small measures
fork
large spoon

Method

1. **Read** the recipe and gather the equipment you will need.
2. **Place** butter or margarine in the pie plate. Microwave at 100% full power (high) for 45-60 sec. or until melted.
3. **Stir** in crumbs and sugar with the fork, until they are moistened.
4. **Using** the back of the large spoon, press the moistened crumbs into the pie plate to form the crust. Press firmly over the bottom and up the sides.
5. **Microwave** at 100% full-power (high) for 1 1/2 - 2 mins. giving the dish a half turn once. There may be some bubbling during microwaving so quickly press the bubbles down when the crust is removed from the microwave oven.
6. **Cool** before adding filling.

Just Peachy Cheesecake Pie



This could also be a 'Berry-good' cheesecake pie depending on the season and your family's favourite fruits.

1	20 cm	basic crumb crust	
250	mL	lower-fat cream cheese	
15	mL	all-purpose flour	
75	mL	sugar	
250	mL	peach yogurt	} these change depending on
		peach slices to garnish	} creator's choice

Yield: 6-8 servings

Prep. Time: 15 min.

Baking Time: 13-15 min.

Equipment:

large bowl - 2 L
liquid, dry & small measures
rubber scraper, metal spatula
electric mixer
large spoon
wire rack

Method

1. **Read** the recipe and gather the equipment you will need.
2. **Prepare** the Basic Crumb crust in a 20 cm pie plate. Set it aside to cool.
3. **Unwrap** cream cheese and put it in the 2 L mixing bowl. Microwave at 10% (low) for 1 1/2-2 minutes or until softened (not melted).
4. **Stir** in the flour and the sugar. Add the yogurt. Beat with the electric mixer on high speed until smooth. Pour slowly into crumb crust. (You may have to use a large spoon, turned over, so that as the filling is poured over it, the crust is protected from breaking apart.)
5. **Microwave**, uncovered at 30% (medium-low) for 13-15 minutes or until set in the centre. Give the pie a quarter turn three times during the cooking.
6. **Cool** on wire rack for 1 hour. Refrigerate.
7. **Arrange** peach slices in a sunburst pattern and slice to serve.

Basic Tea Biscuits

Use this traditional recipe to make many different varieties of sweet and savoury products.

500	mL	all-purpose flour
20	mL	baking powder
2	mL	salt
100	mL	shortening
150 - 200	mL	milk

Yield: 12 biscuits

Prep. Time: 20 min.

Cooking Time: 10 - 12 min.

Equipment:

liquid, dry & small measures
medium bowl
fork
pastry blender/2 knives
rolling pin
round cookie cutter
baking sheet, lifter
wire rack

Method

1. **Read** the recipe and gather equipment you will need.
2. **Preheat** oven to 220°C (425°F). Adjust oven rack to middle of oven.
3. **Combine** flour, baking powder and salt in bowl. Stir with fork to mix.
4. **Cut** in shortening using pastry blender or 2 knives.
5. **Stir** in 150 mL milk. Stir with fork to make a soft dough. Stir in another 50 mL milk if dough is too dry.
6. **Turn** dough onto a lightly floured surface and knead gently 8 - 10 times.
7. **Roll** to 2 cm thick. Cut with floured, round, cookie cutter. Place biscuits on ungreased baking sheet.
8. **Bake** on middle rack in preheated oven for 10 - 12 minutes until outside is firm and golden brown. Inside will be soft and flaky.

Applesauce-Oat Squares

Using oats and wholewheat flour helps to make these treats a little healthier.

Crust & Topping

375	mL	rolled oats
125	mL	all-purpose flour
125	mL	wholewheat flour
250	mL	brown sugar
3	mL	baking soda
1	mL	salt
150	mL	butter or margarine, melted

Yield: 16 squares

Prep. Time: 45 min.

Baking Time: 35 - 40 min.

Equipment:

20 cm square baking pan
liquid, dry & small measures
large bowl
wooden spoons
saucepan or microwave-safe bowl
small bowl or saucepan
sieve
wire rack
medium bowl or waxed paper

Method

1. Read the recipe and gather equipment you will need.
2. Grease pan lightly on the bottom. Preheat oven to 190°C (375°F). Adjust oven rack to middle of oven.
3. Combine all ingredients except butter in a large mixing bowl. Stir well.
4. Measure butter, then melt over low heat on stove or in microwave oven.
5. Pour melted butter over mixed dry ingredients. Stir with a wooden spoon to mix thoroughly.
6. Measure 625 mL of the crumb mixture and press it into the bottom of the greased pan. Use a spoon to press and level off the crumb mixture. There will be about 250 mL of the crumb mixture left. Save this for the topping.
7. Bake the crumb crust for 10 minutes on middle rack, in preheated oven. Remove and cool completely on a wire rack. Reduce oven temperature to 180°C (350°F).

Filling For Applesauce-Oat Squares

125	mL	butter or margarine, softened to room temperature
125	mL	brown sugar
50	mL	corn syrup
1		egg, beaten
125	mL	applesauce
50	mL	mayonnaise
5	mL	vanilla extract
125	mL	all-purpose flour
5	mL	baking powder
1	mL	baking soda
1	mL	salt
2	mL	cinnamon

Method

1. Read the recipe and gather equipment you will need.
2. Preheat oven to 180°C (350°F).
3. Cream butter, sugar and corn syrup until fluffy in a large bowl, using a wooden spoon. Beat in egg, applesauce, mayonnaise and vanilla, beating well after each addition.
4. Sift flour, baking powder and soda, salt and cinnamon into medium bowl or waxed paper.
5. Stir dry ingredients, from step 4, into creamed mixture, beat to mix well. Spread applesauce mixture evenly over cooled crust.
6. Sprinkle reserved 250 mL crumb crust evenly over top of applesauce mixture.
7. Bake in preheated oven for 35 - 40 minutes until browned and firm in the centre. Cool on wire rack, cut into squares when lukewarm.

Gingerbread Cookies

This traditional cookie is rolled and cut into shapes and can be used for special occasion cookies, tree ornaments or houses. Serve plain or decorate with Royal Icing.

125	mL	butter, softened
75	mL	sugar
75	mL	brown sugar
125	mL	molasses (at room temperature)
1		egg, lightly beaten
750	mL	flour
5	mL	ginger
3	mL	cinnamon
5	mL	baking soda

Yield: 2 dozen cookies

Prep. Time: 25 min.

Chilling Time: 30 minutes to 3 days

Baking Time: 10 - 12 min.

Equipment:

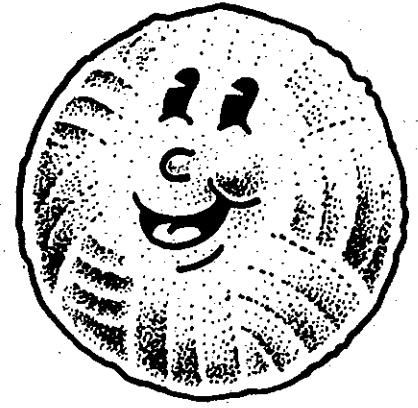
liquid, dry & small measures
large and medium bowls
wooden spoon/electric beaters
waxed paper
rolling pin
cookie cutters/knife & stencil
lifter
3 cookie sheets
wire racks

Method

1. **Read** the recipe and gather equipment you will need.
2. **Cream** butter and sugars together until fluffy (use a large bowl and wooden spoon or electric beaters).
3. **Beat** in molasses and egg.
4. **Mix** all dry ingredients thoroughly in a medium bowl. Gradually stir into the creamed mixture and beat by hand until thoroughly combined.
5. **Gather** dough into ball and knead 3 or 4 times. Wrap the dough in plastic; chill at least 30 minutes, or for up to 3 days.
6. **Preheat** oven to 160°C (325°F). Adjust oven racks to upper middle and middle of oven.
7. **Roll** out half the dough between 2 sheets of floured waxed paper, to 1 cm thick. Remove top sheet of paper, cut dough into desired shapes using cookie cutters or a knife and stencil. Carefully lift paper and cookies onto baking sheet; freeze for 10 to 15 minutes or until shapes are firm.
8. **Meanwhile**, add the leftover scraps of dough to remaining half of dough and roll and cut as described in step 7. Reroll scraps of dough one more time only.
9. **When** cookies are firm, remove from freezer and lift off paper onto lightly greased baking sheets. Bake on upper middle and middle racks, in preheated oven for 8 - 10 minutes or until edges start to brown slightly.
10. **Remove** immediately to cool on wire racks. Decorate with Royal Icing, Recipe Supplement, page R40 if desired.

Tips for Good Cookies

- Have fat at room temperature to enhance creaming quality
- Do not overmix, as this will toughen the cookie
- Bake a test cookie, if it runs and is too flat, add more flour to the dough
- Dark cookie sheets cause rapid browning, so keep them clean and shiny
- Space cookies far enough apart to prevent cookies from running together



Quality Characteristics

	Poor		Satisfactory		Excellent	
	1	2	3	4	5	
Appearance	uneven, blistered, pale or burnt				smooth, uniform shape, delicately brown	
Tenderness	hard, crumbly, tough				tender-crisp or soft to standard	
Flavour	flat, too sweet				mild, pleasantly sweet flavour	

What Went Wrong? And How To Fix It!

- **Joined** Cookies placed too close together on cookie sheet
- **Spreading** Too cool an oven; excessive greasing of pans, excess shortening; excess soda, sugar, leavening; too soft a dough
- **Dry out rapidly** Lack of milk, sugar, shortening; low temperature; overbaking
- **Not tender** Low shortening and sugar; overmixing; excess of flour
- **Too brown** Overbaking; too much sugar, baking soda

Oatmeal Cookies

This recipe was adapted from Oatmeal-Apricot Cookies, *The Lighthearted Cookbook* by Anne Lindsay. Eat as cookies alone, or sandwich a scoop of 1% ice cream, sherbet or frozen yogurt between two for a substantial dessert.

75	mL	margarine
250	mL	packed brown sugar
1		egg.
125	mL	2% milk
5	mL	vanilla
250	mL	whole-wheat flour
5	mL	baking powder
2	mL	baking soda
2	mL	cinnamon
300	mL	rolled oats
250	mL	raisins

Yield: 3 dozen cookies or
18 ice cream sandwiches

Prep. Time: 30 min.

Baking Time: 9 - 12 min.

Equipment:

2 cookie sheets
liquid, dry & small measures
medium bowl
wooden spoon
large bowl
2 spoons, 1 fork
lifter
wire racks

Method

1. **Read** the recipe and gather equipment you will need.
2. **Lightly** grease cookie sheets or use nonstick baking sheet. Preheat oven to 190°C (375°F). Adjust oven racks to upper middle and middle positions.
3. **Combine** flour, baking powder and soda, cinnamon, rolled oats and raisins in medium bowl. Stir to mix well.
4. **Combine** margarine, sugar and eggs in large bowl. Beat well. Beat in milk and vanilla, beating until creamy.
5. **Add** flour mixture to creamed mixture and beat to mix well.
6. **Drop** dough by small spoonfuls onto prepared baking sheets, leaving 5 cm between each cookie. Flatten slightly with floured fork.
7. **Bake** on upper middle and middle racks, in preheated oven for 9 - 12 minutes or until golden. Cool 5 minutes, then remove to cooling racks and cool completely.
8. **Make** ice cream sandwiches by placing one large spoonful of ice cream on one cookie and flattening with a fork. Top with another cookie, pressing down lightly. Wrap and keep frozen until ready to serve.

Chocolate Chip Cookies

A traditional dropped cookie.

750	mL	all-purpose flour
5	mL	baking soda
4	mL	salt
250	mL	butter or margarine, softened
250	mL	brown sugar
250	mL	sugar
2		eggs
10	mL	vanilla extract
1	350g pkg. OR 500 mL	semisweet chocolate chips
125	mL	chopped walnuts, optional

Yield: 4 dozen cookies

Prep. Time: 30 min.

Baking Time: 8 - 10 min.

Equipment:

4 cookie sheets
liquid, dry & small measures
medium bowl
wooden spoon
large bowl
2 spoons
lifter
wire racks

Method

1. **Read** the recipe and gather equipment you will need.
2. **Lightly** grease cookie sheets. Preheat oven to 190°C (375°F). Adjust oven racks to upper middle and middle positions.
3. **Combine** flour, baking soda and salt in medium bowl. Stir to mix well.
4. **Cream** butter and sugars together in large bowl with wooden spoon. Beat in eggs and vanilla, beating until creamy.
5. **Add** flour mixture to creamed mixture and beat to mix well. Stir in chocolate chips and walnuts (if using).
6. **Drop** dough by small spoonfuls onto prepared baking sheets, leaving 10 cm between each cookie.
7. **Bake** on upper middle and middle racks, in preheated oven for 8 - 10 minutes or until golden. Immediately remove to cooling racks and cool completely.

Peanut Butter Cookies

A rich cookie, high in fat. Serve for an occasional treat.

625	mL	all-purpose flour
5	mL	baking powder
5	mL	baking soda
250	mL	butter or margarine, softened
250	mL	brown sugar
250	mL	sugar
2		eggs
250	mL	peanut butter
5	mL	vanilla extract

Yield: 5 1/2 dozen cookies

Prep. Time: 30 min.

Baking Time: 10 - 12 min.

Equipment:

liquid, dry & small measures

medium bowl

wooden spoon

large bowl

2 spoons, 1 fork

4 cookie sheets

lifter

wire rack

Method

1. **Read** the recipe and gather equipment you will need.
2. **Preheat** oven to 190°C (375°F).
3. **Combine** flour, baking powder and soda in medium bowl. Stir to mix well.
4. **Cream** butter and sugars together in large bowl with wooden spoon. Beat in eggs, one at a time, then beat in peanut butter and vanilla, beating until creamy.
5. **Add** flour mixture to creamed mixture and beat to mix well.
6. **Drop** dough by small spoonfuls onto cookie sheets, leaving 5 cm between each cookie. Flatten slightly with floured fork.
7. **Bake** in preheated oven for 10 - 12 minutes or until golden. Immediately remove to cooling rack and cool completely.

Royal Icing

Royal icing is a simple mixture of confectioners' sugar and egg white that holds a crisp, stiff shape and is the best way of decorating a cake or cookies. The recipe that follows can be multiplied many times to produce a quantity of royal icing for decorating. The icing is very white and should be spooned into small bowls for adding colour. If liquid food colouring is added, the icing gets thinner, so you may need to add extra icing sugar to get the consistency you want. Using paste colours will avoid this problem.

Royal Icing Glaze

1 large egg white**
250 - 375 mL sifted confectioners' sugar

Royal Icing Piping

1 large egg white**
375 - 500 mL sifted confectioners' sugar

**For safety reasons, always use clean, uncracked eggs and store eggs in refrigerator until ready to use.

Yield: about 250 mL

Prep. Time: 15 min.

Equipment:

medium bowl
electric mixer/wire whisk
dry measures
sieve/sifter, waxed paper
spatula
small bowls for separating colours
red, green, yellow, blue food
colouring (paste or liquid)
pastry bag & metal tube/paper tube

Method

1. **Read** the recipe and gather equipment you will need.
2. **Beat** egg white until stiff but not dry.
3. **Beat** in sugar, 100 mL at a time and beat about 30 seconds after last addition.
4. **Divide** icing into smaller bowls. Tint with small amounts of paste or liquid food colouring, mix well for an even colour.

Techniques

Knowing the right consistency of icing comes with experience. When working with icing, try spreading a small amount on waxed paper to see how workable it is. If it is too thick and dry, add water, 5 mL at a time until the right consistency is reached. If it is too thin, add 125 mL sifted confectioners' sugar at a time until right.

Royal icing dries quickly so keep bowl(s) covered with a wet cloth.

Glazing: To glaze a cookie, the Royal Icing should be slightly thin. Drop a small amount of icing onto the center of the cookie and spread with a knife to the edges.

Piping: To pipe Royal Icing, the icing must be fairly thick in order to hold its shape once it is piped onto the cookie or cake. Use a paper tube or pastry bag fitted with a plain or decorated tube. Squeeze the icing in the shape you desire onto the cookie.

Batter Up! Digging Deeper



Name _____ Age _____

Club _____



Ontario
4-H Council



Ontario
Ministry of Agriculture,
Food and Rural Affairs

The primary purpose of the 4-H program is the personal development of youth in rural Ontario.

THE 4 -H PLEDGE

"I pledge
My Head to clearer thinking,
My Heart to greater loyalty,
My Hands to larger service,
My Health to better living,
For my club, my community and my country."

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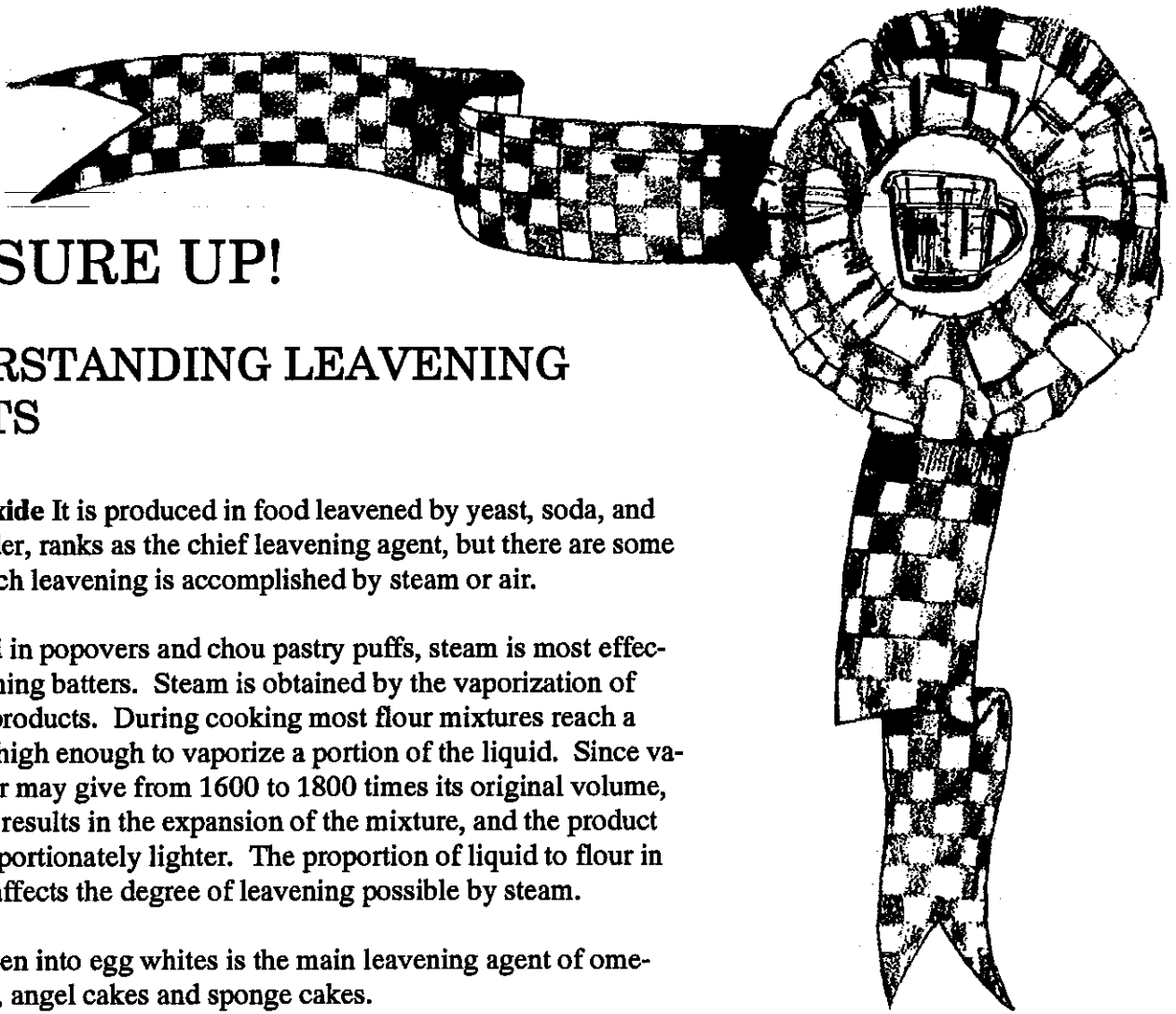
Illustrations by Gary McLaughlin, Riversong Studios, Mount Forest.

Thanks also to the 4-H members and leaders who helped to test the recipes for this project.

Angela Hasson (L)	Rob Currie	Amy McPhedran	Johnathan Slood
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This project was jointly funded by the Ontario Ministry of Agriculture and Food and Agriculture Canada.



MEASURE UP!

UNDERSTANDING LEAVENING AGENTS

Carbon dioxide It is produced in food leavened by yeast, soda, and baking powder, ranks as the chief leavening agent, but there are some foods in which leavening is accomplished by steam or air.

Steam Used in popovers and chou pastry puffs, steam is most effective in leavening batters. Steam is obtained by the vaporization of moisture in products. During cooking most flour mixtures reach a temperature high enough to vaporize a portion of the liquid. Since vaporized water may give from 1600 to 1800 times its original volume, vaporization results in the expansion of the mixture, and the product becomes proportionately lighter. The proportion of liquid to flour in the mixture affects the degree of leavening possible by steam.

Air Air beaten into egg whites is the main leavening agent of omelets, soufflés, angel cakes and sponge cakes.

Yeast When this microscopic plant is given food (sugar) and moisture, it produces carbon dioxide. The carbon dioxide expands upon baking, causing the gluten structure to rise. Yeast is used mainly in breads although some cakes and sweet rolls are leavened with yeast.

Baking Soda (Sodium Bicarbonate) It yields carbon dioxide when heated. A side effect is bitter flavour and a yellow colour to the food. For this reason, sour milk was often used in recipes because it neutralized the alkaline soda and eliminated those problems.

Baking Powder It is composed of acid, soda and starch. In the presence of moisture, the acid neutralizes the soda, which acts as a base. Carbonic acid is formed which immediately breaks down into water and carbon dioxide. There are four different acids used today in baking powder:

- cream of tartar
- tartaric acid
- calcium acid phosphate
- sodium aluminum sulfate (this is the one in question by health specialists).

The SAS-phosphate or the sulfate-phosphate baking powder, often referred to as "combination" or "double-acting" baking powder works twice. Here's how: The mono-calcium phosphate reacts with the soda as soon as the two are moistened but it is only when heat and moisture are applied that the sodium aluminum sulfate reacts with the soda to produce carbon dioxide.

LET'S EXPERIMENT

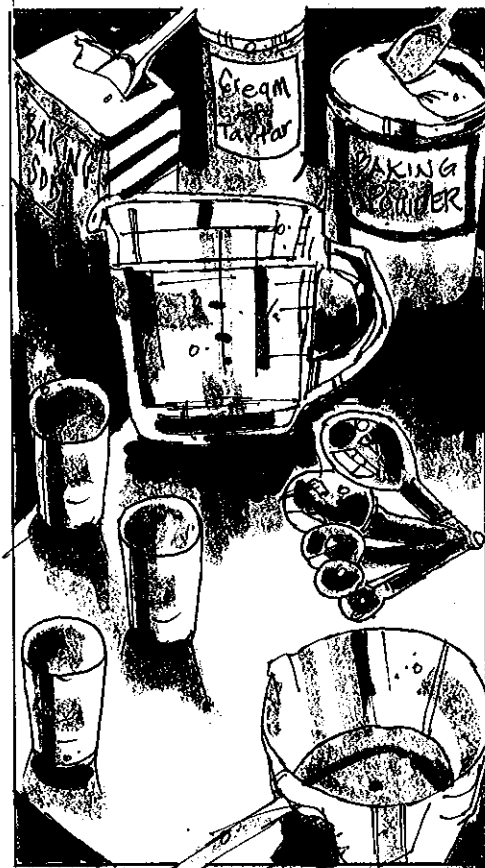
To better understand how baking powder and baking soda work, try the following experiment.

MATERIALS AND EQUIPMENT

- baking soda
- cream of tartar
- baking powder
- water
- 3 glasses
- 1 set of small measures
- 1 liquid measure
- 1 saucepan

METHOD & OBSERVATIONS

1. Place 5 mL cream of tartar in 250 mL cold water. Stir to dissolve. What happened?
2. Add 5 mL baking soda to the cream of tartar solution. What was the reaction?
3. Fill one glass with 250 mL cold water and another with 250 mL hot water. Add 5 mL baking powder to each glass. What happened to each mixture?



CONCLUSIONS

When a carbon dioxide reaction occurs, you will see bubbles in the water. The more bubbles, the stronger the reaction.

1. Does cream of tartar produce carbon dioxide?
2. Does baking soda produce carbon dioxide?
3. Does baking powder produce carbon dioxide?
4. Which produces more reaction — baking soda or baking powder?
5. Which produces more reaction with baking powder — hot or cold water?
6. How would you test baking powder to see if it was still effective?
7. How do baking soda and powder work to make cakes rise?





M'm M'm MUFFINS

MAKE YOUR OWN MIX

One quick look at supermarket (or your own cupboard) shelves will tell you that mixes have become an essential part of today's cooking. Our busy lives require time-saving convenience foods.

To have the good taste, lower cost and higher nutritional value of "scratch" baking in addition to the convenience of a mix, try making your own mixes. Here is one for muffins. Make it up and over the next few weeks, try using it to see if it is as convenient as a commercial mix. Be sure to follow instructions on storing the mix. You might wish to work with one or two other people to make a mix, then divide it among you, as the mix makes a large amount.

Before you start, read the CONCLUSIONS section below.

CONCLUSIONS

1. COMPARE TIME

To tell if these mixes are really convenient, you need to keep track of your time.

How much time did it take to make the mix? Include clean-up time.

How much time does it take to drive to the supermarket to buy a mix? Include parking, finding, purchasing and the return trip time.

Do you think the "scratch" mix is as easy to make muffins from as a commercial mix?

2. COMPARE COST

How much did it cost to make the "scratch" mix?
List ingredients and amounts.

How many muffins does it make?

Divide the total cost by the number of muffins it makes to get the cost per muffin.

How much does a commercial mix cost?

How many muffins does it make?

Divide the total cost by the number of muffins it makes to get the cost per muffin.

3. MY PREFERENCE

To make muffins from a mix, would you make your own mix or buy a mix?
What are your reasons?



Muffin Mix

This made at home mix allows you the convenience of simply adding milk and egg and flavouring for small batches of homemade muffins. Once the mix is made up, use 625 mL in the recipe and variations on the following page.

1000	mL	whole wheat flour
1000	mL	all purpose flour
175	mL	sugar
75	mL	baking powder
20	mL	baking soda
15	mL	salt
250	mL	vegetable shortening

Yield: 2500 mL mix -
about 50 medium muffins

Prep. Time: 30 min.

Storing Time: 10 - 12 weeks

Equipment:

dry & small measures
extra large bowl
wire whisk
pastry blender or 2 knives
large, airtight container

Method

1. **Read** the recipe and gather equipment you will need.
2. **Combine** the dry ingredients (flours, sugar, baking powder and soda, salt) in an extra large bowl. Mix well with a wire whisk.
3. **Cut** shortening into dry ingredients with a pastry blender until evenly distributed. Be sure that the size of the shortening pieces is no larger than small peas.
4. **Place** muffin mix in a large, airtight container. Label and store in a cool, dry place. The refrigerator is the best storage place. Use within 10 - 12 weeks.

Plain Muffins

For a flavour punch, use one of the variations at the bottom of the page.

625	mL	Muffin Mix, from recipe on previous page
1		egg, beaten
250	mL	milk

Yield: 12 medium muffins

Prep. Time: 15 min.

Baking Time: 15 - 20 min.

Equipment:

12 muffin pan
12 paper liners (optional)
liquid & dry measures
medium-size bowl
small bowl
wire whisk, wooden spoon
spoon
wire rack

Method

1. **Read** the recipe and gather equipment you will need.
2. **Grease** and lightly flour muffin pan, or fill with paper liners.
3. **Preheat** oven to 200°C (400°F).
4. **Measure** Muffin Mix into a medium bowl.
5. **Combine** egg and milk in a small bowl. Add all at once to Muffin Mix. Stir until just mixed. The batter should be lumpy.
6. **Spoon** the batter into the prepared muffin cups so they are two-thirds full.
7. **Bake** 15 - 20 minutes, until golden brown. Cool on wire rack.

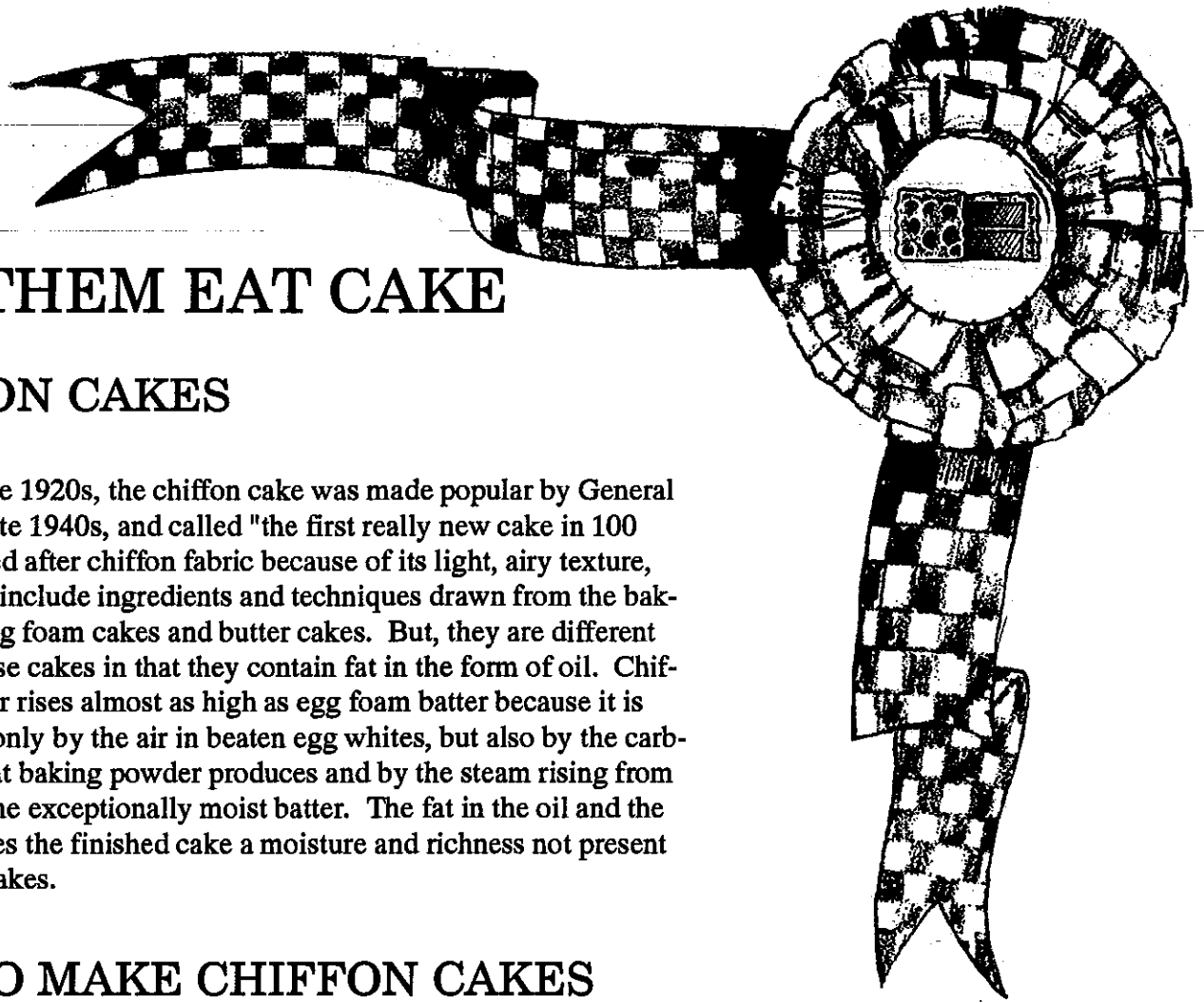
Variations

Cheese Muffins:

Add 250 mL grated Cheddar cheese to Muffin Mix in step 3. Continue with steps 4, 5 and 6.

Fruit Muffins:

Add 50 mL sugar and 250 mL fresh blueberries, strawberries, cherries or raspberries to liquid ingredients in step 4. (Or use 1- 300 g package of frozen berries, thawed and well-drained.) Continue with steps 5 and 6.

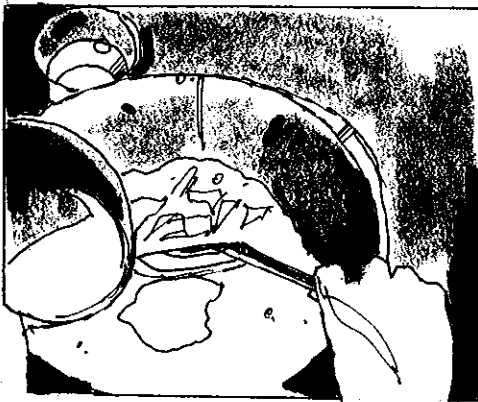


LET THEM EAT CAKE

CHIFFON CAKES

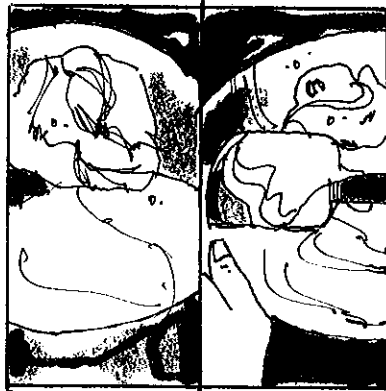
Invented in the 1920s, the chiffon cake was made popular by General Mills in the late 1940s, and called "the first really new cake in 100 years." Named after chiffon fabric because of its light, airy texture, chiffon cakes include ingredients and techniques drawn from the baking of both egg foam cakes and butter cakes. But, they are different from both these cakes in that they contain fat in the form of oil. Chiffon cake batter rises almost as high as egg foam batter because it is leavened not only by the air in beaten egg whites, but also by the carbon dioxide that baking powder produces and by the steam rising from the liquid in the exceptionally moist batter. The fat in the oil and the egg yolks gives the finished cake a moisture and richness not present in egg foam cakes.

HOW TO MAKE CHIFFON CAKES



1 COMBINE EGG YOLKS AND FLOUR

Sift and measure flour, then sift again with sugar, baking powder and salt into a large bowl. Make a well in the center. In medium bowl, stir lightly beaten egg yolks into oil, pour this mixture into well and stir with a fork. Add flavourings and stir until smooth.



2 FOLD IN EGG WHITES

Beat egg whites until they form stiff peaks, adding cream of tartar and sugar at foamy stage. Fold whites gently into the batter.



3 BAKE & COOL CAKE

Pour the batter into ungreased tube pan. Bake in preheated 160°C (325°F) oven for 55 minutes or until a tester inserted into the center comes out clean. Cool upside down.

Chocolate Chiffon Cake

Delicate flavour and lighter-than-air texture make this cake a favourite — even without glaze or frosting.

10	large	eggs, separated**
125	mL	unsweetened cocoa
200	mL	boiling water
500	mL	sugar
500	mL	sifted cake & pastry flour
10	mL	baking powder
1	mL	salt
125	mL	vegetable oil
10	mL	vanilla extract
5	mL	cream of tartar

**Use 10 egg whites and 7 yolks: whites should measure 300 mL and yolks should measure 125 mL in liquid measures.

Yield: 1, 25 cm tube cake,
12 servings

Prep. Time: 30 min.

Baking Time: 50 - 55 min.

Equipment:

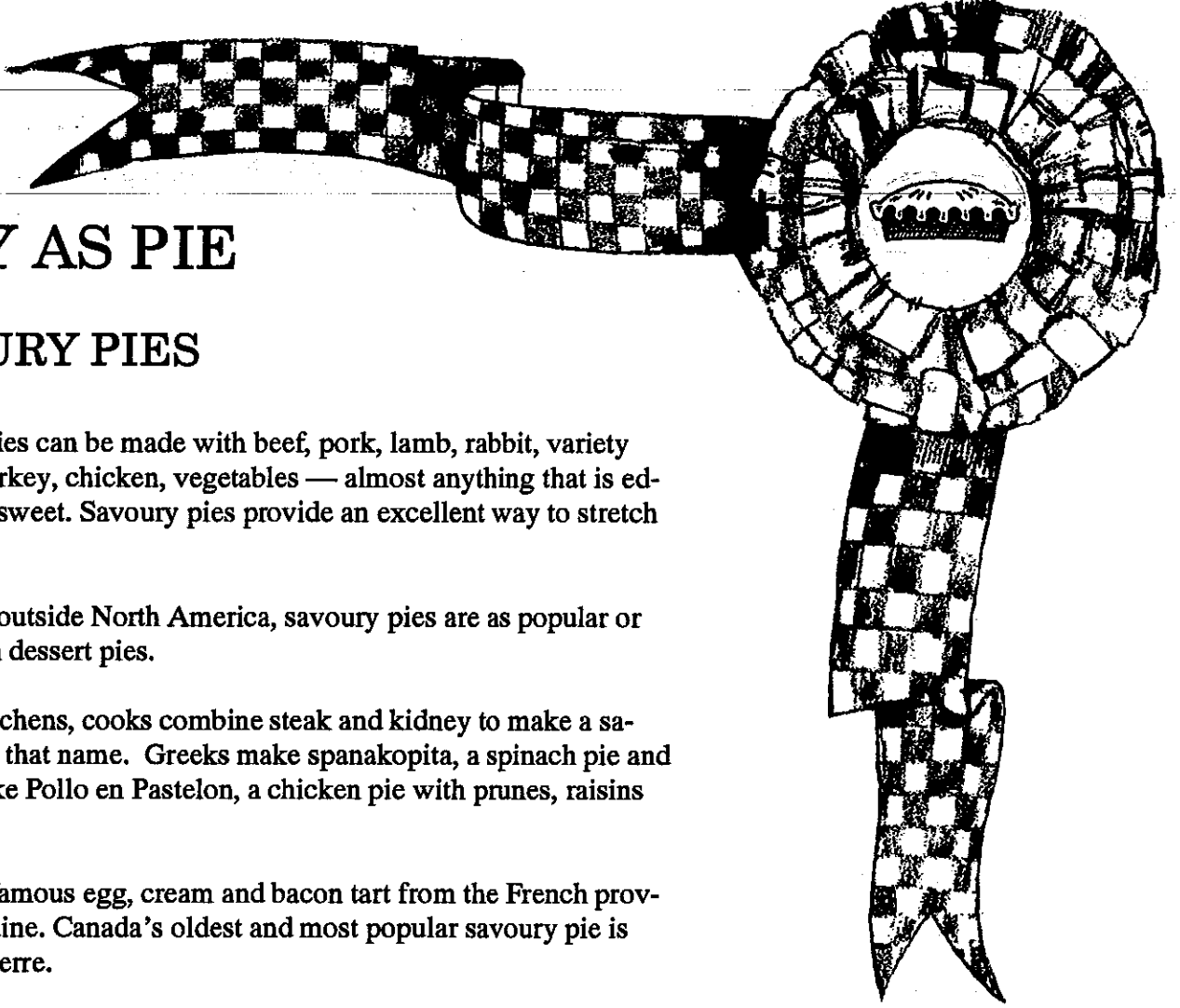
bowls to separate eggs
liquid, dry & small measures
2 large & 2 medium bowls
wire whisk
sieve/sifter
wooden spoon
electric mixer/hand beaters
25 cm tube pan**
spatula
wire rack
knife

** If you have a smaller tube pan, fill only to within 5 cm of the top of the pan. This will allow for the cake to rise without overflowing the pan. Use the extra batter to make cupcakes.

Method

1. **Separate** eggs so that they will be at room temperature before beating.
2. **Read** the recipe and gather equipment you will need.
3. **Move** oven rack to lowest position. Preheat oven to 160°C (325°F).
4. **Combine** cocoa and boiling water in medium bowl. Whisk until smooth, cool completely.
5. **Remove** 30 mL of the sugar (from the 500 mL measured) and set aside to beat with whites.
6. **Sift** flour, remaining sugar, baking powder and salt into large bowl. Make a well or hole in the centre.
7. **Lightly** beat egg yolks with a wire whisk, in medium bowl. Then whisk in oil, cooled chocolate mixture and vanilla. Pour egg mixture into well in flour mixture and beat with a wooden spoon until the batter is smooth.
8. **Transfer** egg whites to a large bowl. Beat whites, using electric/hand beaters, until they are frothy. Add cream of tartar and beat until soft peaks form. Sprinkle reserved 30 mL of sugar over whites and beat until stiff peaks form.
9. **Fold** the egg whites gradually and gently into the batter, making sure the whites are evenly mixed throughout the batter.

10. **Turn** batter into ungreased pan.
 11. **Bake** on lowest rack in preheated oven for 50 to 55 minutes or until cake tester comes out clean.
 12. **Turn** pan upside down (on built-in legs) or over wire rack to cool completely — about 1 hour.
 13. **With** knife, loosen cake from sides of pan; turn out.
-



EASY AS PIE

SAVOURY PIES

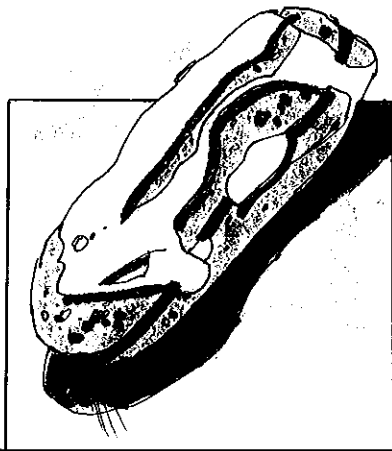
Savoury pies can be made with beef, pork, lamb, rabbit, variety meats, turkey, chicken, vegetables — almost anything that is edible and not sweet. Savoury pies provide an excellent way to stretch ingredients.

In countries outside North America, savoury pies are as popular or more so than dessert pies.

In British kitchens, cooks combine steak and kidney to make a savoury pie by that name. Greeks make spanakopita, a spinach pie and Haitians make Pollo en Pastelon, a chicken pie with prunes, raisins and capers.

Quiche is a famous egg, cream and bacon tart from the French province of Lorraine. Canada's oldest and most popular savoury pie is called Tourtiere.

Savoury pies are usually a combination of foods. They should be served with a simple vegetable or salad. Rice, pasta or potato is not necessary because the pastry provides sufficient starch.



CHOU PASTRY

Chou (pronounced 'shoe') paste contains the same ingredients as other pastries — butter, water, flour and eggs — but behaves differently because the ingredients are combined in different proportions and are heated during the mixing process.

Chou means "cabbage" in French — the shape of the puffs that can be made with this paste. Puffs are usually filled with cream and drizzled with chocolate but can also be filled with cheese, vegetable or meat mixtures. Look in the appetizer section of a cookbook for some savoury filling ideas.

Chou Pastry

Chou (pronounced "shoe") means "cabbage" in French — the shape of the puffs that can be made.

250	mL	all-purpose flour
3	mL	salt
250	mL	water
125	mL	butter, cut into pieces
4		eggs
		cream filling, see next page
		chocolate glaze, see next page

Yield: 15, 7 cm puffs

Note: Do not double this recipe. If you want twice the number of puffs, make the recipe two times.

Prep. Time: 45 minutes

Baking Time: 20 minutes

Equipment:

2 cookie sheets
waxed paper
liquid, dry & small measures
sieve, sifter
large, heavy saucepan
wooden spoon or electric mixer
small bowl
2 spoons or pastry bag
serrated knife
wire rack

Method

1. **Read** the recipe and gather utensils you will need.
2. **Lightly** grease cookie sheets. Preheat oven to 200°C (400°F). Place oven rack in center of oven.
3. **Sift** flour and salt onto waxed paper, set aside.
4. **Put** water into saucepan and place it over low heat. Add butter, heat the water gently and stir to speed the melting of the butter. Once the butter has melted, increase the temperature to high to bring the liquid to a boil.
5. **Immediately** slide the flour and salt into the hot liquid, adding all the flour mixture at once. **Reduce** the heat to medium to prevent the mixture from scorching and start stirring the mixture with a wooden spoon, as soon as the flour is added. Continue to stir the mixture vigorously, until the paste forms a solid mass that comes away cleanly from the sides of the pan. Remove the pan from the heat.
6. **Cool** the paste for a minute or two. Add one egg at a time to the pan (to ensure that no eggshell slips into the mixture, break each egg into a bowl first), beating hard to force the egg into the paste. You can use a wooden spoon or electric hand mixer to beat the eggs in. As each egg is added, the mixture will separate slightly and be wet and slippery. As soon as it becomes smooth and sticks together again, add the next egg. After the last egg is added, beat until the paste is thick and shiny.
7. **For Puffs:** Drop 4 cm diameter balls from 2 spoons onto lightly greased cookie sheets. Leave 4 cm between balls for expansion.

For Eclairs: Use a pastry bag fitted with a tube to shape the chou paste into éclair shapes. Pipe strips 8 - 10 cm long onto lightly greased cookie sheets. Leave 4 cm between strips for expansion.

8. **Bake** puffs or éclairs in preheated oven for 20 minutes, until firm and golden.
9. **Remove** from oven and immediately cut top 1/3 of the puff off. Be careful when lifting top off to direct steam away from you. Cool puffs and tops completely on wire rack before filling. Keep tops and bottoms in pairs to match up after filling puffs. See page 11 for directions on assembling puffs or éclairs.

Cream Filling

250 mL whipping cream

15 mL sugar

Yield: 500 mL

Prep. Time: 15 minutes

Equipment:

liquid, dry & small measures
medium bowl
electric mixer/hand beaters

Method

1. **Read** the recipe and gather equipment you will need.
2. **Beat** cream in medium bowl, with electric/hand beaters until soft. Soft peaks will fall over when beaters are lifted from the cream.
3. **Continue** beating, adding sugar 5 mL at a time. Beat until firm peaks form. Firm peaks stand up without falling over. Be sure not to overbeat cream or it will become butter.
4. **Chill** until ready to use.

Chocolate Glaze

200 mL semi sweet chocolate chips

160 mL tin undiluted evaporated milk

Yield: glaze for 15 puffs,
about 200 ml

Prep. Time: 20 minutes

Equipment:

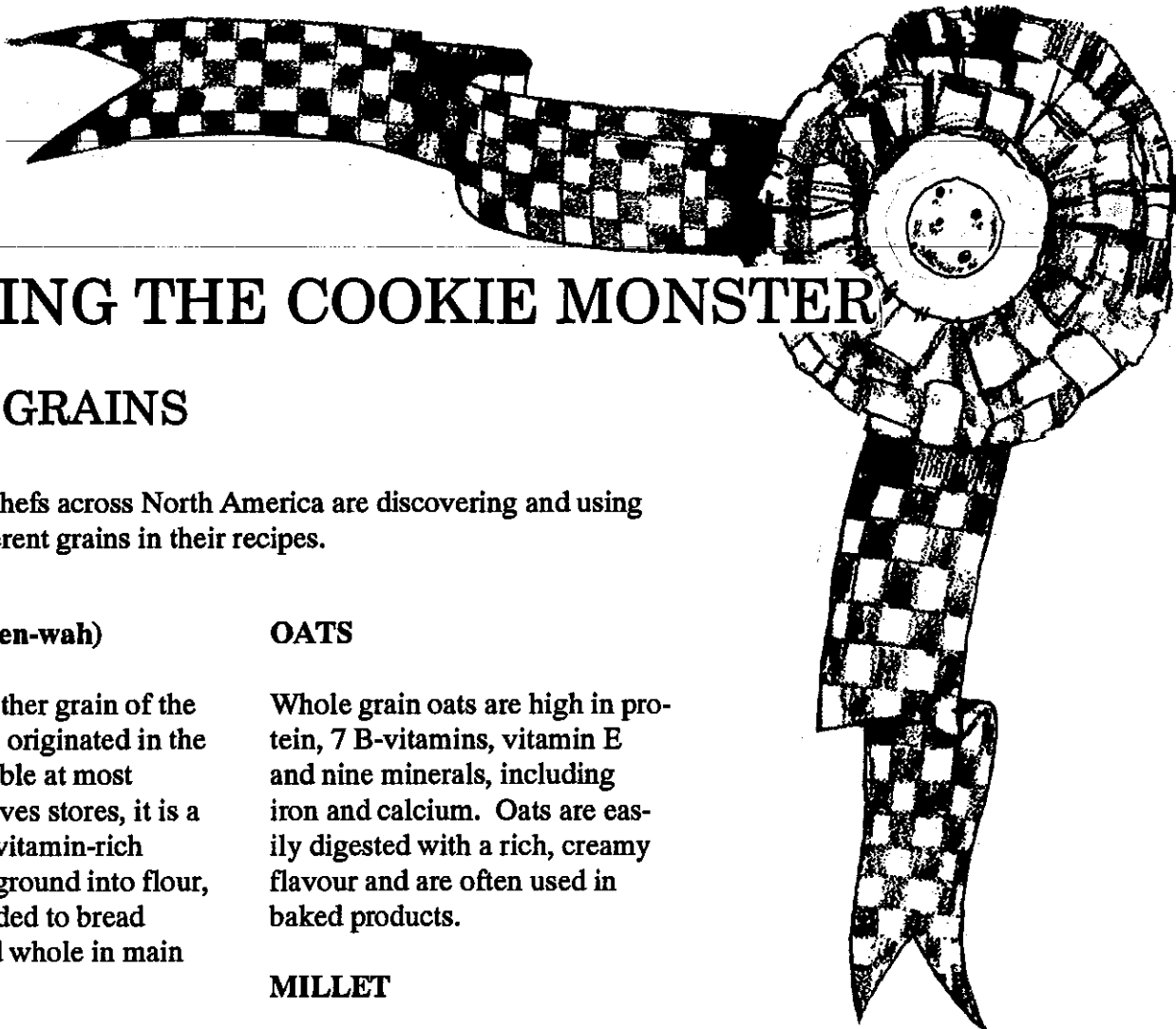
medium, heavy saucepan
liquid & dry measures
wooden spoon
cookie sheet

Method

1. **Read** the recipe and gather equipment you will need.
2. **Combine** chocolate chips and evaporated milk in saucepan. Cook over medium high heat, stirring constantly with wooden spoon, until mixture comes to boil.
3. **Reduce** heat, cook gently, stirring constantly until thickened (about 3 to 5 minutes).
4. **Cool** for 5 - 10 minutes, stirring occasionally. If using as a glaze for éclairs or puffs, do not chill. This glaze can be drizzled from a liquid measure in a thin stream when warm. When cool, it thickens and can't be drizzled but may be spread with metal spatula or knife. When chilled in refrigerator over 30 minutes, the glaze sets and cannot be worked with. To soften, place in microwave at medium high power (80%) for 1 - 2 minutes, or place in double boiler over simmering water for 5 - 10 minutes.

To Assemble Puffs or Eclairs

1. **Place** puff bottoms on cookie sheet or plate.
2. **Spoon** whipped cream into bottom and then place top on puffs or éclairs.
3. **Place** chocolate glaze in liquid measure. Drizzle chocolate glaze over filled éclairs or puffs. Keep refrigerated until ready to serve.



FEEDING THE COOKIE MONSTER

OTHER GRAINS

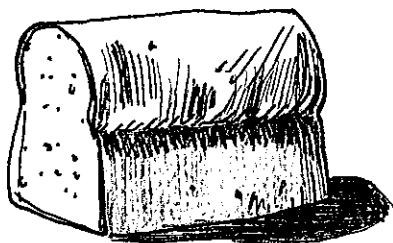
Cooks and chefs across North America are discovering and using many different grains in their recipes.

QUINOA (Keen-wah)

Called the "mother grain of the Incas," Quinoa originated in the Andes. Available at most health/alternatives stores, it is a calcium-high, vitamin-rich grain. Unless ground into flour, it is usually added to bread doughs or used whole in main dishes.

AMARANTH

The name is from the Greek for "immortal" and Amaranth is often called "the wonder grain of the Aztecs." This small grain provides the human system with the most effective balance of protein of all grains. It is second only to milk in nutritive value. Usually it is added whole to bread dough.



OATS

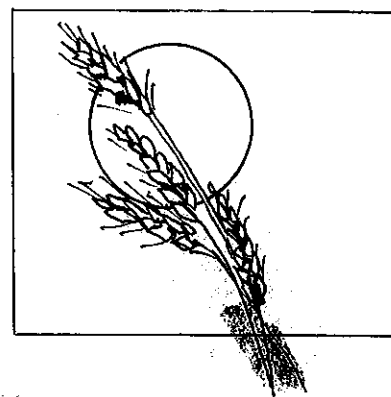
Whole grain oats are high in protein, 7 B-vitamins, vitamin E and nine minerals, including iron and calcium. Oats are easily digested with a rich, creamy flavour and are often used in baked products.

MILLET

Bright gold, small round seeds that are rich in phosphorus, iron, calcium, riboflavin and niacin, but are gluten-free. Usually added whole to bread dough.

TRITICALE

A Rye/Wheat cross with a higher protein content than either. Triticale flour is found in many health/alternative stores and can be substituted for the entire amount of wheat flour in baking recipes.



THE GLUTEN IN FLOUR

Experiment to see for yourself the different strengths of gluten in each flour type.

YOU WILL NEED:

- Bread Flour
- Cake & Pastry Flour
- All-Purpose flour
- Water.

INSTRUCTIONS

1. To 250 mL of each type of flour, add enough water to form a sticky dough. Work the dough with your hands for 10 - 12 minutes.

FOR EACH OF THE TYPES OF FLOUR, DESCRIBE

- the size of the ball of dough
- the texture (soft, spongy, firm, elastic, stretchy, sticky).

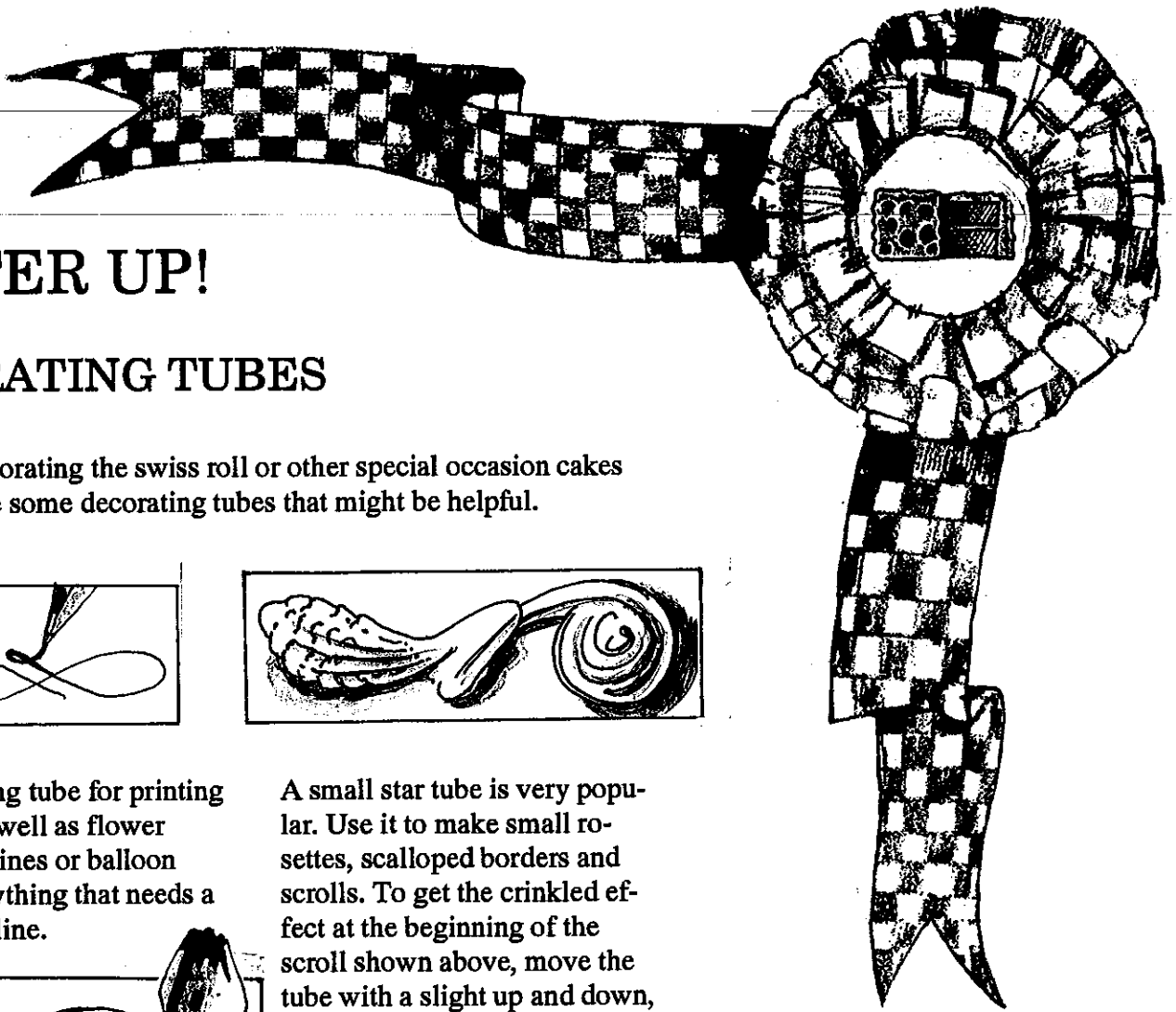
DID ONE USE MORE WATER TO FORM THE DOUGH?

WAS ONE BALL OF DOUGH STRONGER?

2. Place each ball of dough on a cookie sheet. Be sure to take note of the placement of each ball so that you can identify them when they come out of the oven. Bake in a preheated, 180°C (350°F) oven for 7 - 15 minutes, until brown.

WHICH BALL OF DOUGH ROSE THE MOST?

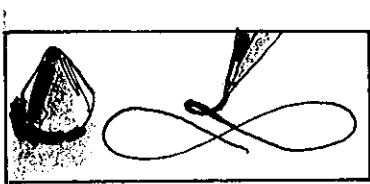




BATTER UP!

DECORATING TUBES

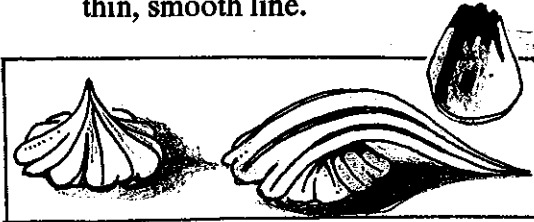
When decorating the swiss roll or other special occasion cakes here are some decorating tubes that might be helpful.



Use the writing tube for printing or writing as well as flower stems, leaf spines or balloon strings — anything that needs a thin, smooth line.



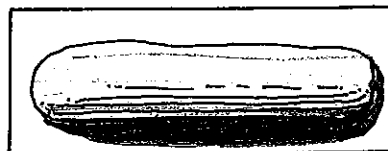
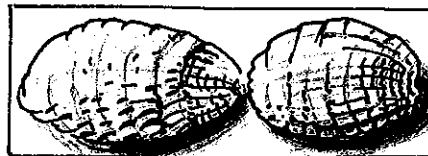
A small star tube is very popular. Use it to make small rosettes, scalloped borders and scrolls. To get the crinkled effect at the beginning of the scroll shown above, move the tube with a slight up and down, wavy motion. Finish the scroll by piping the curved line without the wavy motion.



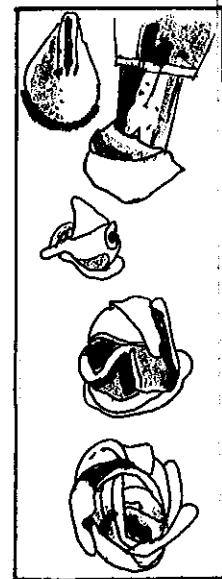
A large star tube can make large rosettes or fancy drops by drawing the tube to one side to finish piping.



A leaf tube can make leaves or a crinkled border. Finish leaves off with a spine down the centre made with the writing tube. The border is done with a slight backward and forward motion.



Make shells with the shell tube by letting the icing bunch up a little and then ending it. Or draw the icing out in a line for a ribbed border.



Use a flower tube to form a rose. This looks difficult but with practise it can be made quickly and with ease.

Swiss Roll

This basic rolled cake can be filled with jam, jelly, frosting or fruit. Or try whipped cream and served with fresh fruit.

125	mL	all-purpose flour
5	mL	baking powder
1	mL	salt
4		egg yolks
2	mL	vanilla
75	mL	granulated sugar
4		egg whites
125	mL	granulated sugar
		sifted powdered sugar
		filling of your choice

Yield: 1 Swiss roll, 8-10 slices (2.5 cm)

Prep. Time: 20 min.

Baking Time: 12 - 15 min.

Equipment:

2 L (43 x 35 cm) jelly roll pan
waxed paper
large, medium and small bowls
liquid, dry & small measures
sifter or sieve
electric mixer
rubber scraper
clean tea towel - to roll cake in
serrated knife

Method

1. **Read** the recipe and gather the equipment you will need.
2. **Preheat** the oven to 190°C. Grease the jelly roll pan and line with waxed paper. Set aside.
3. **Stir** together flour, baking powder and salt. Sift into medium bowl.
4. **Beat** egg yolks and vanilla, in a small mixer bowl, at high speed of electric mixer for 5 mins. or until thick and lemon coloured. Gradually add 75 mL sugar, beating until sugar dissolves. **Thoroughly wash beaters.**
5. **Beat** egg whites, in the large bowl, at medium speed until soft peaks form. Gradually add 125 mL sugar; continue beating until stiff peaks form.
6. **Fold** yolk mixture into egg white foam. Sprinkle flour mixture over egg mixture; fold in gently, just until blended.
7. **Spread** batter evenly in prepared pan. Bake in 190°C oven for 12-15 mins or until it tests done — springs back when touched. While cake is baking, spread out the clean tea towel and sprinkle it with icing sugar from the sifter or sieve.
8. **Remove** jelly roll from oven as soon as it is done. Invert it and turn it out onto the icing sugared tea towel. Gently remove the waxed paper. The cake is easily torn when it is still quite hot. If you think the edges are dry use the serrated knife to trim it. Again remember to work quickly.
9. **Roll** the cake while it is still warm to prevent tearing and cracking. Starting with the narrow end, roll the warm cake and the towel together. The towel prevents the cake from sticking together as it cools.
10. **Set** on a cooling rack for 10 mins. Unroll, and re-roll starting at the opposite end. Allow to cool completely on the wire rack. Unroll, spread with filling of your choice, re-roll. Slice to serve.

Filling & Decorating the Swiss Roll

1 recipe Chocolate Butter Cream Frosting, see page 17

OR

1/2 recipe Fruit Filling, see page 18

1/2 recipe Chocolate Butter Cream Frosting, see page 17

edible decorations, optional

Yield: 1- 23 x 8 cm rolled cake

Filling & Rolling Time: 15 min.

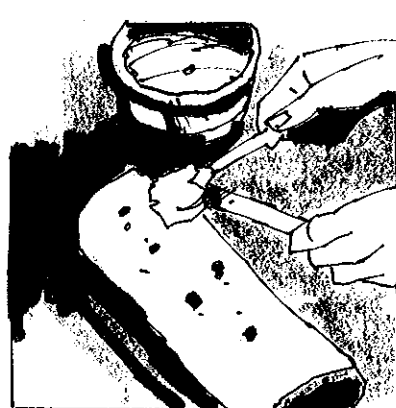
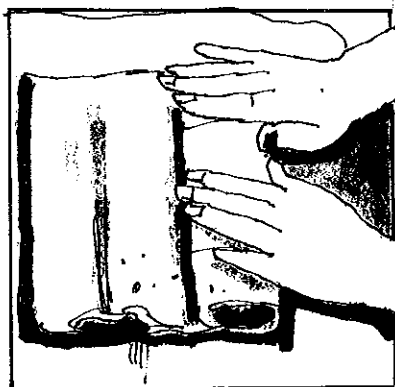
Decorating Time: 20 min.

Equipment:

1 23 x 8 cm rolled cake
metal spatula
1 cake board/plate
waxed paper
rubber spatula

Method

1. **Make up the Chocolate Butter Cream Frosting or half the Fruit Filling and half the Chocolate Butter Cream Frosting.**
2. **When the cake is cool, unroll it and remove the top layer of paper.**
3. **Spread the cake with either the Fruit Filling or one quarter of the Chocolate Butter Cream Frosting, using a metal spatula. Remove the bottom layer of paper and re-roll the cake.**
4. **Set the cake on a plate or cake board, seam side down. Slide strips of waxed paper underneath all sides of the cake to keep plate clean while decorating the cake. Ice the cake with the rest of the Chocolate Butter Cream Frosting and decorate, if desired, using decorations such as candies, stencilled icing sugar, marshmallows, chocolate leaves, fruit or edible flowers.**



Butter Cream Frosting

Frostings seal the cake from air, helping it to stay fresh and moist longer. Try different flavourings such as almond, orange or maple in place of the vanilla.

125	mL	butter, softened
750 - 1000	mL	icing sugar
25	mL	milk
5	mL	vanilla extract

Yield: enough to fill & frost a 23 cm, 2-layer cake

Prep. Time: 15 min.

Cooking Time: none

Equipment:

liquid, dry & small measures
medium bowl
wooden spoon
metal spatula

Method

1. **Read** the recipe and gather equipment you will need.
2. **Cream** the butter in a medium bowl. Add 500 mL of the sugar, gradually, using a wooden spoon. Cream to blend well.
3. **Beat** in milk and vanilla.
4. **Test** the frosting to see if it is the right thickness to spread and yet hold its shape on the cake. If necessary, add up to another 500 mL of sugar gradually until the right consistency is reached.
5. **Spread** on completely cooled cake, using metal spatula.

Chocolate Fudge Variation: Blend 2 squares (60 g/ 2 oz) melted, unsweetened chocolate into the creamed butter at the end of step 2.



To melt chocolate using the microwave oven, place chocolate in a small microwave-safe bowl. Microwave at 60 % power for 1 minute. Stir and remove if melted. If not quite melted, microwave at 60% power for another 30 seconds.

Frosting Techniques

When making frostings, heat and humidity will affect the consistency of the frosting. That is why most recipes give a range of liquid or icing sugar. Whenever a range of ingredients is given, always add the smaller amount at first, then test to see if the frosting is thin enough to spread, yet thick enough to stay on the cake without running and pooling on the plate.

A good way to test the thickness of frosting is to drop it from a spoon back into the bowl. If it is slow to flow off the spoon and comes off in clumps, it is too thick. If it runs off quickly in a thin stream, it is too thin.

Keep track of the amount of liquid or sugar you use and once you get a good consistency, write it beside the recipe so that you will know what worked for you.

Fruit Filling

Use frozen strawberries, raspberries, cherries or blueberries for this simple fruit filling. Spread between layers of cake for a soft texture and contrasting flavour.

125	mL	sugar
45	mL	cornstarch
2	mL	salt
1	300 g pkg.	frozen Ontario berries, thawed**
10	mL	lemon juice
15	mL	butter

**To thaw frozen berries: Place package in a bowl to catch the juice. Thaw in refrigerator overnight OR at room temperature 2 - 3 hours. To thaw in the microwave, use 50% power for 6 - 7 minutes. Turn package over halfway through defrosting. Let stand 10 minutes.

Yield: filling for a 23 cm layer cake (200 mL)

Prep. Time: 10 min.

Cooking Time: 6 - 8 min.

Equipment:

medium microwave safe bowl
liquid, dry & small measures
wooden spoon
wire whisk

Method

1. **Read** the recipe and gather equipment you will need.
2. **Combine** sugar, cornstarch and salt in microwave safe, medium bowl, stir with a wooden spoon to mix well. Make sure there are no lumps in the mixture.
3. **Drain** all the juice from the thawed berries and stir it into cornstarch mixture. Stir in lemon juice.
4. **Microwave** on Medium-High (75% power) for 1 minute. Stir with whisk.
5. **Microwave** on Medium-High (75% power) for another 2 minutes, stopping after each minute to stir and turn the bowl.
6. **Stir** in thawed berries. Microwave on Medium-High (75% power) for another 3 - 5 minutes, stopping once to stir and turn the bowl. Cooking is completed when mixture is thick and smooth.
7. **Remove** bowl from microwave oven, add butter and stir until melted and completely mixed. Place a piece of plastic wrap right onto the surface of the mixture. Cool completely. This prevents air from hardening the surface of the mixture. Chill in refrigerator before spreading on cake for filling. The filling should be fairly thick — like jam.