

Name: _____

Hour: _____

VIDEO WORKSHEET

Review:

After watching each segment of *Baking Fundamentals: Success In The Kitchen*, answer the review questions.

WHITE CAKE

1. Why does Chef Dave double sift the flour for this cake? _____

2. Why should you fold the egg whites gently into the prepared batter? _____

3. Oven temperatures for cakes baked in glass pans should be set ____ degrees lower than if a metal pan is used.
4. What's the easiest way to check if a cake is done? _____

BROWNIES

1. A brownie is a cross between which two baked goods? _____

2. When was the first known recipe for brownies published? _____



CREAM BISCUITS

1. What does extra flour dusted on a board or countertop do when you are kneading? _____

2. Why don't you want to over-mix biscuit dough? _____

SCONES

1. Why is it important to use cold butter when making scones? _____

2. What does brushing the tops of scones with cream or beaten egg white do? _____

DROP COOKIES

1. How are drop cookies made? _____

2. How long does cookie dough last in the refrigerator? _____

3. Why should you resist the temptation to eat raw cookie dough? _____

SPONGE CAKE

1. What are foam cakes? Name three types. _____
1. _____
2. _____
3. _____
2. How long should you bake a sponge cake for? _____
3. What's another name for a sponge cake? _____



PANCAKES

1. Pancakes are a _____ batter.
2. Why does Chef Dave wait 30 minutes to bake the batter on the griddle? _____

3. What can you add to pancake batter while it is cooking on the griddle? _____

QUICK BREADS: GRANOLA MUFFINS, BANANA BREAD, & CORNBREAD

1. Where can you find overripe bananas at the grocery store? _____

2. How can you tell if your banana bread or muffins are done baking? _____

3. Why do you think it's important to remove the cornbread batter from the heat before you add the eggs? _____

RICE KRISPIE BARS

1. What are some stir-ins you could add to Rice Krispie Bars? _____

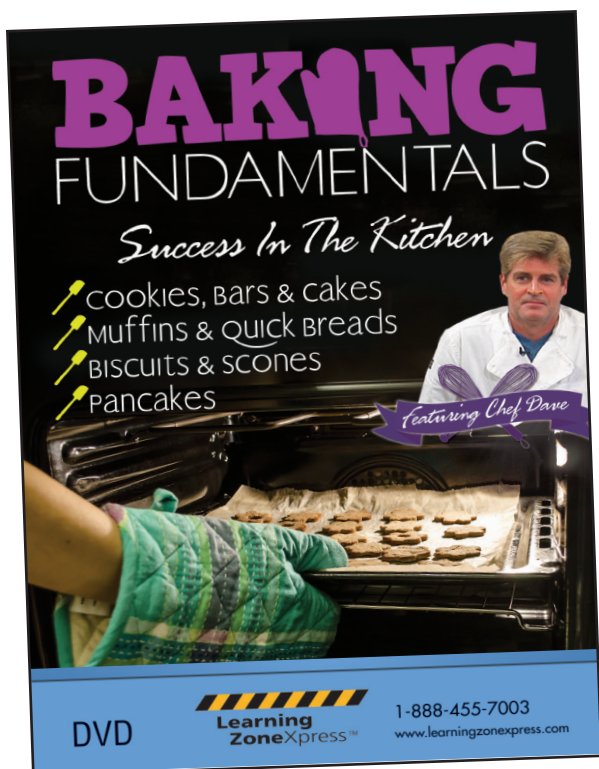
2. Why should you coat your spatula with some cooking spray or butter? _____

CUT-OUT COOKIES

1. Describe one method for shaping sugar cookies before baking. _____

2. How long should you bake sugar cookies? _____
3. How long should you let cookies cool before eating? _____





ANSWER KEY

Review:

After watching each segment of *Baking Fundamentals: Success In The Kitchen*, answer the review questions.

WHITE CAKE

- Why does Chef Dave double sift the flour for this cake? _____
He double sifts the flour to aerate (add air) to it to give it a light, fluffy texture
- Why should you fold the egg whites gently into the prepared batter? _____
To ensure that your cake has lift and a nice light texture. If you do not gently fold the egg whites into the prepared batter, you will take out all of the air in the egg whites.
- Oven temperatures for cakes baked in glass pans should be set 25 degrees lower than if a metal pan is used.
- What's the easiest way to check if a cake is done? _____
Insert a toothpick into the center of the cake and it should come out perfectly dry.

BROWNIES

- A brownie is a cross between which two baked goods? _____
A cookie and a cake
- When was the first known recipe for brownies published? 1897

CREAM BISCUITS

1. What does extra flour dusted on a board or countertop do when you are kneading? _____
Extra flour keeps the dough from sticking to the board or counter.
2. Why don't you want to over-mix biscuit dough? _____
Over-mixing or kneading can make your biscuits tough

SCONES

1. Why is it important to use cold butter when making scones? _____
Using cold butter makes scones flaky.
2. What does brushing the tops of scones with cream or beaten egg white do? _____
Brushing the tops of scones with some cream or beaten egg will give them a shiny top. Scones will have a duller appearance without it, but will taste the same.

DROP COOKIES

1. How are drop cookies made? _____
Drop cookies are made by dropping or scooping small amounts of cookie dough on a baking sheet.
2. How long does cookie dough last in the refrigerator? _____
Cookie dough lasts in the refrigerator up to five days.
3. Why should you resist the temptation to eat raw cookie dough? _____
Because raw cookie dough contains raw eggs.

SPONGE CAKE

1. What are foam cakes? Name three types. ***Foam cakes are cakes that don't contain fat.***
 1. ***angel food***
 2. ***sponge***
 3. ***chiffon cake***
2. How long should you bake a sponge cake for? ***About 25 minutes or until it's firm to the touch.***
3. What's another name for a sponge cake? ***Genoise***



PANCAKES

1. Pancakes are a pourable batter.
2. Why does Chef Dave wait 30 minutes to bake the batter on the griddle? _____
It allows the acid from the buttermilk to interact with the baking soda in order to get a first rise out of the batter.
3. What can you add to pancake batter while it is cooking on the griddle? _____
Fresh or frozen blueberries, chopped pecans, and chocolate chips are demonstrated.

QUICK BREADS: GRANOLA MUFFINS, BANANA BREAD, & CORNBREAD

1. Where can you find overripe bananas at the grocery store? _____
Overripe bananas are usually in the back, so you'll need to ask someone for them.
2. How can you tell if your banana bread or muffins are done baking? ***Check for doneness by inserting a toothpick into the center of the loaf. If it comes out clean, your bread is done. You can also check muffins by pressing lightly in the center. If it springs back, the muffins are done.***
3. Why do you think it's important to remove the cornbread batter from the heat before you add the eggs? _____
The batter needs to be removed from the heat so that the eggs to cook before going into the oven. The protein in the egg can coagulate and the cornbread will not bake properly.

RICE KRISPIE BARS

1. What are some stir-ins you could add to Rice Krispie Bars? _____
Chocolate chips, dried fruit, raisins, M&Ms
2. Why should you coat your spatula with some cooking spray or butter? _____
It keeps the marshmallow mixture from sticking to the spatula when pressing it into your pan.

CUT-OUT COOKIES

1. Describe one method for shaping sugar cookies before baking. _____
Flat method: Take the bottom of a jar or glass to push down on the cookie dough so that they become flat. Then, if you'd like, sprinkle with some more sugar. _____
Cookie cutter method: Sprinkle flour onto the dough and rolling pin. Roll dough out so that it is 1/8 inch thick. Use cookie cutters to cut out the cookies. Use a spatula to lift away the scrap material and slide the cookies onto the baking sheet. _____
2. How long should you bake sugar cookies? ***5-7 minutes*** _____
3. How long should you let cookies cool before eating? ***You should wait at least 10 minutes.*** _____

BANANA BREAD

2 c. all-purpose flour	$\frac{3}{4}$ c. brown sugar
1 tsp. baking soda	2 eggs, lightly beaten
$\frac{1}{2}$ tsp. salt	2- $\frac{1}{3}$ c. mashed bananas
$\frac{1}{2}$ c. butter	

Preheat oven to 325° F. Combine flour, baking soda and salt using a whisk in a medium bowl. In a separate bowl, cream together butter and brown sugar. Add eggs and mashed bananas and mix until incorporated. Pour wet ingredients into the dry ingredients. Stir until just incorporated. Spray loaf pan with nonstick spray and fill $\frac{1}{2}$ to $\frac{2}{3}$ full. Bake larger loaf pans for 1 hour and smaller loaf pans about 45 minutes.

BROWNIES

$\frac{1}{3}$ c. shortening	$\frac{1}{4}$ tsp. salt
1 c. sugar	$\frac{1}{2}$ tsp. baking powder
2 eggs, beaten	1 tsp. vanilla
2 oz. unsweetened chocolate, melted	$\frac{1}{2}$ c. chopped nuts
$\frac{3}{4}$ c. cake flour	

In a mixing bowl, cream together shortening and sugar until combined. Add eggs and beat well. Stir in melted chocolate. Add cake flour, salt, and baking powder and beat until smooth. Stir in vanilla and chopped nuts. Pour the brownie batter into greased 8" square baking pan and bake for 35 minutes at 350°.

CORNBREAD

$\frac{1}{2}$ c. butter	$\frac{1}{2}$ tsp. baking soda
$\frac{2}{3}$ c. sugar	1 c. cornmeal
2 eggs	1 c. all-purpose flour
1 c. buttermilk	$\frac{1}{2}$ tsp. salt

Preheat oven to 375° F. In a skillet, melt butter and remove from heat. Add sugar, stirring together and then beat in eggs. Add baking soda to the buttermilk and add to the skillet mixture. Whisk in flour, cornmeal and salt. Pour into 8" x 8" square baking pan sprayed with nonstick spray. Bake for 30-40 minutes or until a toothpick comes out clean.

CRANBERRY GRANOLA MUFFINS

5 c. all-purpose flour	4 c. granola
3 c. sugar	2 c. dried cranberries
1 Tbsp. + 2 tsp. baking soda	4 eggs
1 Tbsp. baking powder	1 c. melted butter
1 Tbsp. cinnamon	1 Tbsp. vanilla
1 qt. buttermilk	

Preheat oven to 325° F. In a large bowl, whisk together flour, sugar, baking soda, baking powder and cinnamon. Mix in buttermilk, melted butter, and eggs into the dry ingredients until incorporated. Stir in granola, dried cranberries and vanilla. Line muffin tins with paper liners. Scoop batter into liners, filling them ½ to 2/3 full. Bake muffins for 20-25 minutes or until a toothpick comes out clean.

CREAM BISCUITS

2 c. all-purpose flour
2 tsp. sugar
1 tsp. baking powder
½ tsp. salt
1-½ c. heavy cream

Preheat oven to 375° F. Wisk together flour, sugar, baking powder and salt in a medium sized bowl. Add heavy cream to dry ingredients and mix until a sticky dough is formed. Turn dough out onto a lightly floured board or countertop and knead for about 30 seconds. Pat out dough to about ¾" thickness and cut with a biscuit cutter. Place biscuits on ungreased baking sheet and bake 15-18 minutes.

CUT-OUT COOKIES

¼ c. shortening	1 tsp. vanilla
¼ c. butter	1 ¼ c. flour
¾ c. sugar	¼ tsp. baking powder
1 egg	¼ tsp. salt
1 Tbsp. cream	

In a mixing bowl, cream together butter, shortening, sugar, and egg. Add cream and vanilla and mix until blended. Sift together the flour, baking powder, and salt in a separate bowl. Add the dry ingredients to the wet ingredients and mix until they're combined. Cover the dough with a sheet of parchment paper or plastic wrap and chill in the refrigerator at least 30 minutes.

Remove dough from refrigerator and transfer to a lightly floured surface. Use a rolling pin to roll the dough to 1/8" thickness.

Cut out cookies with cookie cutters and place them on a baking sheet. Bake cookies at 425° for 5-7 minutes or until edges are light golden brown. Cool completely on a wire rack before decorating with frosting, icing, candies or colored sugar.

Dough can also be scooped and shaped into balls, then rolled in granulated sugar and flattened with a drinking glass. Bake at 425° for 5-7 minutes or until edges are light golden brown.

OATMEAL CRANBERRY WALNUT DROP COOKIES

1 c. butter	1 tsp. salt
1 c. sugar	1 tsp. baking soda
1 c. brown sugar	1 tsp. baking powder
2 tsp. vanilla	2 ½ c. old fashioned rolled oats
2 tsp. milk	1 ½ c. chopped walnuts
2 eggs, lightly beaten	1 ½ c. dried cranberries and currants
2 c. flour	

In a large mixing bowl, cream butter, sugar, and brown sugar until combined. Add vanilla, milk, and lightly beaten eggs and mix until blended. Add the flour, salt, baking soda, and baking powder to the wet ingredients and mix until combined. Fold in oats, walnuts, and dried cranberries and currants. Scoop dough onto ungreased baking sheet, about an inch apart. Bake cookies at 350° for 10-12 minutes or until edges are golden brown. When cookies are cool enough to handle but still warm, remove them from the pan and cool them on a wire rack. Store in an airtight container.

GÉNOISE (SPONGE CAKE)

- ½ c. cake flour
- ¼ c. cornstarch
- 3 eggs + 3 egg yolks
- ¾ c. sugar

In a bowl, sift together cake flour and cornstarch. In a separate bowl, whisk together eggs and egg whites. Pouring in a steady stream, whisk sugar into beaten egg mixture. Place bowl of pan of simmering water and whisk until egg mixture is lukewarm (take care not to cook the eggs) and remove from heat. Whip the warm egg mixture with an electric mixture until cool and increased in volume. Remove batter from mixer and gently add the flour mixture into the egg mixture in 3 to 4 additions, folding in with a rubber spatula after each addition. Pour cake batters into a prepared 9" spring form pan (lightly greased with circle of parchment paper or waxed paper in the bottom) and smooth top with a rubber spatula. Bake cake at 350° for 25 minutes or until well risen and firm to the touch.

PANCAKES

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|--------------------------|------------------------|
| 3 ½ c. all-purpose flour | 1 ½ tsp. baking soda |
| ½ c. sugar | 3 eggs, lightly beaten |
| ¼ tsp. salt | 1 quart buttermilk |
| ¼ c. baking powder | ¼ c. melted butter |

In a medium bowl, combine flour, sugar, salt, baking powder, and baking soda with a whisk until incorporated and set aside. In a large bowl, combine buttermilk and eggs. Add dry ingredients to buttermilk and egg mixture. Mix until combined (will be lumpy). Stir in melted butter until just mixed in. Allow batter to rest 30 minutes.

Heat griddle to 350-375° F. Add oil to griddle and ladle batter onto griddle. After two minutes, watch for bubbles and flip pancakes and cook another two minutes.

Can add toppings to pancakes while they cook on the griddle. Try blueberries, chocolate chips, or pecans.

RICE KRISPIE BARS

- 3 Tbsp. butter
- 4 c. miniature marshmallows (or about 40 regular marshmallows)
- 6 c. Rice Krispies cereal

In a microwave safe bowl, heat butter and marshmallows on High for 3 minutes, stirring once after 2 minutes (microwave cooking times may vary). Stir mixture until smooth. Add Rice Krispies cereal and mix until well coated with marshmallow mixture. Using a buttered spatula, press mixture into a 9" x 13" pan. Cool completely before cutting and store tightly covered at room temperature.

SCONES

- 2 c. all-purpose flour
- 1 Tbsp. baking powder
- 3 Tbsp. sugar
- ½ tsp. salt
- 5 Tbsp. cold butter, cut into small cubes
- ½ c. currants, raisins or dried cranberries
- 1 c. heavy cream

Preheat oven to 425° F. In a food processor, pulse flour, sugar, baking powder, and salt to combine. Add cold butter and pulse 12 times (about 1 second per pulse) until flour and butter mixture is the texture of sand. Add currants and pulse 2-3 times until combined. Dump mixture into mixing bowl. Add heavy cream and stir until it forms a loose dough. Turn out onto lightly floured dough and knead 10-12 times. Roll out dough to ¾" and cut with bench cutter. Place scones on ungreased baking sheet and brush top with heavy cream. Bake 12-15 minutes or until golden brown.

WHITE CAKE

- 2 ¼ c. cake flour
- 2 ½ tsp. baking powder
- ½ tsp. salt
- 1 ¼ c. sugar
- ½ c. butter
- 1 c. milk
- 1 tsp. vanilla
- 4 egg whites

In a medium bowl, sift together cake flour, baking powder, and salt and set aside. In a mixing bowl, cream together sugar and butter until fluffy. In a separate dish, combine milk and vanilla. Add the sifted ingredients to the butter mixture in three parts, alternating with the liquid combination and stirring until smooth after each addition. In another bowl, whip egg whites until stiff, but not dry. Gently fold egg whites into cake batter. Fill two 9" round cake pans lightly greased with butter. Bake the cakes at 375° for 25 minutes.