



High Yield Bakers... Ten Tips for Baking Success

If you can coach, camp, read, or program the VCR, you can teach kids to cook and bake. Tried and true guidance includes:

Allow time.

- Read and/or try the recipe first. Make a list of how long steps take.
- Add 20 to 30 minutes to explain, show and guide beginners; allow 15 minutes for intermediates or experienced bakers to orient themselves and get started.
- Divide what you do into two sessions if needed, or pre-measure or prepare some steps before starting, especially when working with younger children.

2. Always wash hands and countertops before starting and clean up after you're done.

Provide separate towels for hands and dishes. Change or wash any dish clothes or sponges at least every day. Frequently wash pot holders. Aprons or large T-shirts aren't old-fashioned, they're smart. Long hair should be banded or covered. (See *Fight Bac!* Fact Sheet or visit www.fightbac.org)

3. Stay safe! Have an adult show how to do age appropriate baking/cooking tasks. (See *The Thrill of Skill* Fact Sheet. Visit www.kidsacookin'.ksu.edu and www.homebaking.org)

4. Before you start: Read the recipe top to bottom. For beginning bakers, read the recipe out loud with an adult. Send the recipe home with the young person to read the day before you use it in an activity. If needed, have the parent sign the bottom to show they are aware of what ingredients their young person will be preparing and eating.

Be sure you: a) understand or practice the terms and techniques

See *Kitchen Speak* Fact Sheet

b) know how to measure accurately

Visit *How to* section for pictures: www.baking911.com

Show *Baking for Success* video, www.homebaking.org

5. Gather all the ingredients and equipment. Make sure ingredients are fresh.

Use the size of pan the recipe recommends for best results. (Need Emergency Substitutions? See *Kitchen Speak* Fact Sheet)

6. Use the right tools.

- Pour liquids (water, oil, milk, honey, corn syrup) in a clear liquid measuring cup placed on the countertop. Read amount at eye level.
- Use standard dry measures for dry ingredients (flours, sugar, cocoa, brown sugar, cornmeal)
- Use measuring spoons for small amounts less than $\frac{1}{4}$ cup (4 tablespoons).
- Check for the correct baking pan size. See the *Kitchen Speak* Fact Sheet for *Pan Substitutions* if your pan doesn't match what the recipe requests.

7. Ingredient basics.

- *Large* eggs are the standard used in home baking. If necessary, see the *Eggyclopedia* section at www.aeb.org to make size substitution.

- Be sure to use butter or hard stick margarine (read the package label), not a *spread* or *reduced-fat* product. Vegetable oils (sunflower, soybean, corn, olive, safflower) are usually specified in a recipe. Your product may not be successful substituting oil for butter or margarine.
- Stir dry ingredients (flours, powdered or granulated sugars, commeal, cocoa), and spoon into dry measuring cups and level off with a flat-edged utensil.
- Sifting is needed only if the recipe specifies to pre-sift a dry ingredient before measuring. Combine dry leavening ingredients (baking powder, baking soda, cream of tartar) and other dry ingredients with a wire whisk or sifter.
- Avoid measure ingredients over the mixing bowl ☺. **Hot tip:** Keep some salt in a small sealed container to measure from when baking so you can easily measure.

8. Take it one step at a time. After reading the recipe top to bottom, gather ingredients. Finish each step and double check to be sure nothing was omitted.

When time is limited, or with beginning or young bakers, you may prepare some steps ahead or, have them do some of the steps one day and complete the mixing or baking the next.

9. Oven ins and outs:

1. Before preheating, make sure the oven racks are in the right place for the pans and recipe.
2. Preheat the oven as the recipe directs—allow 10 minutes.
3. Place pans in the oven so they do not touch each other or the oven sides. Do not place pans on racks directly below or above another pan.
4. Keep clean, dry oven mitts or pads close by. Set out wire racks ready for the pans and product.

Ex: Pancakes/waffles, muffins/quick breads, cakes, cookies

Day 1: Pre-measure all the dry ingredients

Day 2: Mix and bake.

(Frost and decorate when cool. OR, freeze and decorate later)

Ex: Yeast breads—

Day 1: Prepare the bread dough with cooler liquids (70-80 degrees F.) Spray a plastic food bag with pan spray, place dough ball inside, work out air, seal. Refrigerate the dough. Punch dough down once after about an hour. Keep refrigerated.

Day 2: Take dough out an hour before shaping; divide into pieces as needed. Shape, let double in size, covered, in a warm (100 degree F.), draft-free place and bake as directed.

10. Teach kids how to clean up.

While the product bakes, cleanup the kitchen.

Help for cooking and baking questions

American Egg Board: E-mail egg questions to aeb@aeb.org or visit www.aeb.org

Baking 9-1-1: Ask Sarah or How to. www.baking911.com

Betty Crocker Test Kitchens: 800/345-2443 and www.bettycrocker.com

Bob's Red Mill: 800/349.2173 and **Talk to Us,** www.bobsredmill.com

Cherry Marketing Institute: Baking 1,2,3, www.cherrymkt.org

Clabber Girl: Learning Center, www.clabbergirl.com

Diana Baker Woodall. Contact Diana. www.dianasdesserts.com

Fleischmann's Yeast: 800/777-4959 and www.breadworld.com

Hershey's Test Kitchens: 800/468-1714 and **Baking Hints,** www.hersheyskitchens.com

History Cooks. Ask us., www.historycooks.com

Hodgson Mill: www.hodgsonmill.com and 800/347-0105

Home Baking Association: www.homebaking.org

Kansas Wheat Commission. 866/759-4328 or www.kswheat.com

King Arthur Flour Baking Schools: www.kingarthurfour.com

Kitchen Lane, Nancy Baggett: Recipe Archives; Features, www.kitchenlane.com

Land O'Lakes Test Kitchens: 800/328-4155 or www.landolakes.com

Lesaffre Yeast: carol.stevens@redstaryeast.com or 800/445-4746

Morton Salt, Ask Rose: www.mortonsalt.com

Morrison Milling: Contact Us, www.morrisonmilling.com

Multifoods: 800/767-4466 or **Contact us.** www.pillsburybaking.com

North American Millers' Association: www.namamillers.org (Flour and commeal information)

Shawnee Milling: 405/273-7000 or www.shawneemilling.com

The Sugar Association: In the Kitchen, www.sugar.org