



# TEN TIPS FOR BAKING SUCCESS



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

## 1 Allow time.

- Read and/or try the recipe first. Estimate how long steps take.
- Add 20 minutes to explain; demo how-to techniques with beginners; allow 15 minutes for intermediates or experienced bakers to read, organize (mise en place) ingredients, equipment and tasks/steps.
- 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 “as you go.”

- Long hair should be tied back or covered.
- Provide separate towels for hands and dishes.
- Use fresh dish cloths or sponges every day. Frequently wash pot holders.
- Aprons or large T-shirts aren't old-fashioned, they're smart. They keep the food clean as well as the baker!
- **Fight Bac!** at [HomeBaking.org](http://HomeBaking.org)

## 3 Stay safe! Have an adult show how to do age-appropriate baking/cooking tasks.

- See *The Thrill of Skill Fact Sheet* and *Safe Kitchen Check-List* [HomeBaking.org](http://HomeBaking.org) and [kidsacookin'.ksu.edu](http://kidsacookin'.ksu.edu)

## 4 Before you start: All bakers 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 leaders and bakers:

- Understand and practice cooking/baking terms and techniques. See Glossary, [HomeBaking.org](http://HomeBaking.org) and [kidsacookin'.ksu.edu](http://kidsacookin'.ksu.edu)
- Demonstrate and practice measuring accurately. Use *Measure UP!* worksheet (*A Baker's Dozen Labs*) and provide *Measurement Guide Card*. View: *DIY Baking Channel*, [HomeBaking.org](http://HomeBaking.org) or on HBA DVDs: *A Baker's Dozen Getting Started* and *Baking for Success*

## 5 Gather all the ingredients and equipment. (*mis en place*)

- Leader, make sure ingredients are fresh and there is enough for all teams or individuals.
- Use the pan size the recipe recommends for best results.
- For ingredient and pan substitutions see substitution card series, [HomeBaking.org/products.php](http://HomeBaking.org/products.php)



## 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 1/4 cup (4 tablespoons).

## 7 Ingredient basics.

- Large eggs are the standard used in home baking. If “room temperature egg” is called for, set egg in bowl at room temperature 20 minutes before baking.
- Use real butter or margarine (80% fat), not a spread or reduced-fat product (read the package label). 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. Soften butter or margarine only until pliable—not melting.
- Stir dry ingredients (flours, powdered or granulated sugars, cornmeal, cocoa), 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. A wire whisk may also be used to combine dry leavening ingredients (baking powder, baking soda, cream of tartar) and other dry ingredients.
- Avoid measuring ingredients, especially liquids or salt, over the mixing bowl. *Tip: Store salt in small sealed container to measure from more easily measure.*



## SAMPLE Two-Day Methods Pancakes/waffles, muffins/quick breads, cakes, cookies

**Day 1** Pre-measure all the dry ingredients; blend well with wire whisk.

**Day 2** Bake, OR package dry mix; label w/directions to prepare at home.

**Day 3** Frost, decorate when cool, OR freeze and decorate later.

### Yeast breads use refrigerated or slow-rise methods

**Day 1** Prepare yeast bread dough with cooler liquids (65-70° F.). Spray a large plastic food bag with pan spray, place dough ball inside, work out air, seal at top of bag, leaving room for dough to expand! Refrigerate the dough. Punch dough down once after it doubles in size, about an hour. Keep refrigerated.

**Day 2** Take dough out an hour before shaping; divide into pieces as needed. Shape dough. Lightly cover shaped dough with sprayed plastic wrap OR clean non-terry damp towel OR place in proof box. Allow to proof (rise until doubled in size) in a warm (100° F.), draft-free place and bake as directed. (More at [breadworld.com](http://breadworld.com) and [redstaryeast.com](http://redstaryeast.com))



### 8 Preps and steps.

After reading the recipe top to bottom, gather ingredients and tools.

- Do “pre-” preparation steps first (pre-soften, pre-heat oven, pre-mix, grease/line baking pans).
- Finish each step and double-check recipe to be sure nothing was omitted before putting batter or dough in pan(s).
- When time is limited, or with beginning 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.

Review *Thrill of Skill* for age-appropriate suggestions.

### 9 Oven ins and outs.

- Before preheating, place the oven racks at the correct level for the pan(s) and recipe.
- Preheat the oven as the recipe directs—allow 10 minutes.
- Place pans in the oven so they do not touch each other or the oven sides. Do not place pans on oven racks directly below or above another pan.
- Keep clean, dry oven mitts or pads close by. Set out wire racks for hot pans and product.

### 10 Teach how to clean up.

- Have the trash can, soapy water, cloths and towels handy.
- Dispose of wrappers, peels and egg shells as they are used to keep prep area clean and organized.
- Scrape measuring tools, spoons and bowls with rubber spatula or dough scraper so all batter or dough is used and none goes into the dishwasher/washer. If any dough is left in a mixing bowl, scrape it into the trash receptacle.
- Use “3 dishpan” washing method. Scrape; then wash, rinse, and sanitize (1 tsp. bleach per qt. water).
- While products bake, clean up kitchen. Use a flat-edged scraper to scrape flour and other ingredients into the trash. Wipe the counter when it is completely cleared.

## Help for cooking and baking

Ask the Expert, Baking Substitution Science, DIY Baking Channel, Glossary: Portable Kitchen videos and lessons: [HomeBaking.org](http://HomeBaking.org)

Argo Corn Starch: P: 1-866-373-2300 (9 to 4 p.m., CT, M-F); [argostarch.com](http://argostarch.com)

Bake Sale for No Kid Hungry: [greatamericanbakesale.org](http://greatamericanbakesale.org)

Betty Crocker Consumer Services: P: 1-800-446-1898 7:30 to 5:30 pm CT, M-F); [bettycrocker.com](http://bettycrocker.com)

Bob's Red Mill: P: 1-800-349-2173; [bobsredmill.com](http://bobsredmill.com)

Breadhead Minutes: How-to shape yeast breads with Fr. Dominic. [HomeBaking.org](http://HomeBaking.org)

C&H Sugar: baking tips & how-to at [chsugar.com](http://chsugar.com); P: 1-800-773-1803 (PT)

Cabot Creamery: P: 1-888-792-2268 (8 to 5 p.m. ET, M-F) FAQ and Dairy Farm Tours at [cabotcheese.com](http://cabotcheese.com)

California Raisin Marketing Board: Blog Ambassadors, Contact us and FAQ at [loveyourraisins.com](http://loveyourraisins.com)

Clabber Girl: P: 1-812-232-9446 (8 to 5 p.m., M-F); FAQ at [clabbergirl.com](http://clabbergirl.com)

Chelsea Milling: P: 1-800-727-2460 (8 to 4:30 p.m. ET, M-F); [jiffymix.com](http://jiffymix.com)

Domino Sugar: baking tips & how-to at [dominosugar.com](http://dominosugar.com); P: 1-800-729-4840 (ET)

Fleischmann's Yeast: P: 1-800-777-4959 (9 to 4 p.m. CT, M-F); [BecomeABetterBaker.com](http://BecomeABetterBaker.com)

Hodgson Mill: P: 1-800-347-0105 (8 to 5 p.m. CT, M-F) and [HodgsonMill.com](http://HodgsonMill.com)

House-Autry Mills: P: 1-800-849-0802 and [house-autry.com](http://house-autry.com)

International Food Information Council: Research-based food information at [ific.org](http://ific.org)

Karo Syrup: FAQ call P: 1-866-430-5276; and [karosyrup.com](http://karosyrup.com)

[www.Kidsacookin.ksu.edu](http://www.Kidsacookin.ksu.edu) (Spanish/English) cooking how-to videos, recipes, terms/techniques)

King Arthur Flour Baking Hot-line: P: 1-855-371-2253 (8 a.m. to 9 p.m. M-F and 9 to 5 Sat/Sun, ET) blog, education, videos, contact us at [KingArthurFlour.com](http://KingArthurFlour.com)

Land O'Lakes Consumer Services: P: 1-800-328-4155 (M, 9 – 3:30 p.m.; Tu-F 8 to 3:30 p.m., CT); Tips and techniques and contact us at [landolakes.com](http://landolakes.com)

Lesaffre Yeast: Consumer Services P: 1-800-445-4746; E-mail: [carol.stevens@redstaryeast.com](mailto:carol.stevens@redstaryeast.com); Baking Science, videos, FAQ, at [redstaryeast.com](http://redstaryeast.com)

[LearningandLivingWell.org](http://LearningandLivingWell.org) Locate Cooperative Extension Family & Consumer Sciences/4-H resources for Raising Kids, Eating Right, Spending Smart, Living Well

Martha White: Cook's Corner Tips, Videos, Techniques at [marthawhite.com](http://marthawhite.com); P: 1-(800)-663-6317 (8 a.m. to 6 p.m., M-F, CT)

North American Millers' Association: Learn about corn, oat and wheat milling at [namamillers.org](http://namamillers.org)

Rabbit Creek Products: how-to baking videos, specialty mixes. P: 1-800-837-3073 [rabbitcreekgourmet.com](http://rabbitcreekgourmet.com)

Solo Cake and Pastry fillings/marshmallow crème: Blog, FAQ at [solofoods.com](http://solofoods.com); P: 1-800-328-7656

Shawnee Milling: Corn and wheat mill. P: 1-405-273-7000 and [shawneemilling.com](http://shawneemilling.com)

Stafford County Flour: [hudsoncream.com](http://hudsoncream.com)

Stone-Buhr Flour: Specialty flours, [stone-buhr.com](http://stone-buhr.com) and [FindTheFarmer.com](http://FindTheFarmer.com)

[SunFlourFlour.com](http://SunFlourFlour.com): Baking Made Easy videos, baking how-to

The Sugar Association: sugar and sweeteners research, sugar basics at [sugar.org](http://sugar.org) E-mail [sugar@sugar.org](mailto:sugar@sugar.org) or P: 1-202-785-1122 (ET)

Ultra-grain Whole Grain Flour: FAQ, baking videos at [ConAgraMills.com](http://ConAgraMills.com)

Viddulz: On-line community market for locally baked goods and cottage foods. [Viddlz.com](http://Viddlz.com)

W-R Flour: Cereal Foods Processors family flours [cerealfood.com/products/family.html](http://cerealfood.com/products/family.html)

Wheat – Farm to Table: [FarmerDirectFoods.com](http://FarmerDirectFoods.com); California: [californiawheat.org](http://californiawheat.org); Kansas: P: 1-866-759-4328 and [kswheat.com](http://kswheat.com); Nebraska: [NebraskaWheat.com](http://NebraskaWheat.com); S.Dakota: [sdwheat.org](http://sdwheat.org); Texas: [texaswheat.org](http://texaswheat.org); Washington: [wawg.org/wgc](http://wawg.org/wgc)

Wheat Foods Council: Research, nutrition facts, Teaching Tool Kits: [wheatfoods.org](http://wheatfoods.org)



HomeBaking.org