

2020 February Bakers

A calendar of baking hacks and hospitality.



Top Baking Hack: Go with our [test kitchen pros!](#)

February Bakers Bake for Family Fun Month



❖ Share! #BakeForFamilyFunMonth

Week 1	Week 2	Week 3	Week 4
Let's Get Started Baking!	Baking for my Valentine!	Baking history and traditions	Baking for others

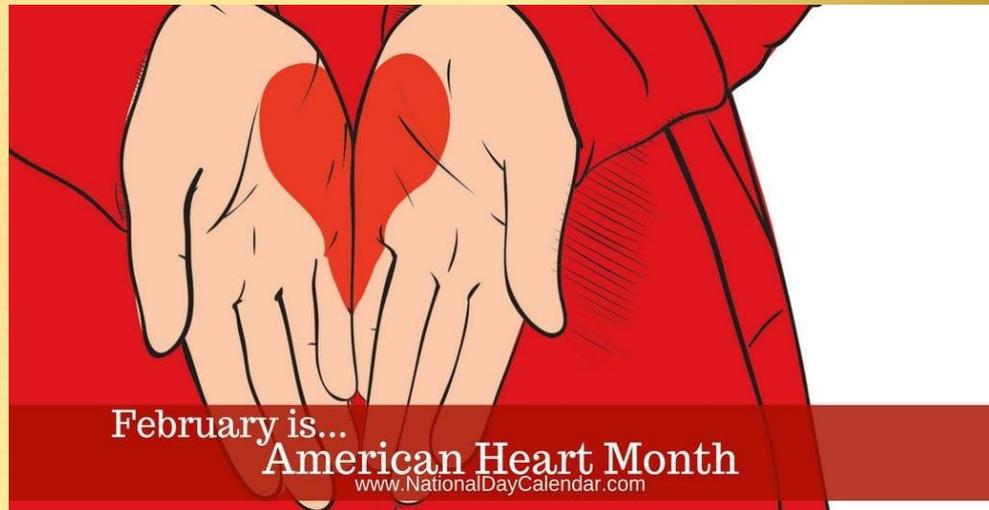
February Bakers

Celebrate Heart Month

- ✦ Warm the heart. Baking and giving are proven stress reducers.
- ✦ Baking's part of having an **active food lifestyle.**
- ✦ Baking at home is “clean label.” It's called a recipe.

Baking Hack: Home baked is often lower in sodium.

Use unsalted butter or a vegetable oil; substitute home made buttermilk (Whisk 1 Tbsp vinegar in milk to = 1 cup) or a Greek yogurt. Yeast breads need 1 teaspoon salt for each cup of water



February Bakers

Check out the United State of Pie!



February is...

Great American Pies Month

www.NationalDayCalendar.com



Learn with the pros! Classic Crusts or decorative, even Pie Bites

Baking Hack: “Glaze to amaze.” Brush top crust with beaten egg, milk or 1 egg white + 1 T. water; sprinkle with sugar (option).



February Bakers

Week 1: Get Started Baking

1. Baking is a great way to share “adulthood” skills! Begin young!
2. **Baking Hack:** Before you begin, always read the recipe 😊
Measurement matters (a lot!).
3. View Baking Food Safety.
4. Do it! Here’s a great step-by-step recipe to get started:

Baking Food Safety 101



6 Simple Baking Food Safety Steps

Find a complete Baking Food Safety Checklist on the back.

- 1 **STORE** raw flour, baking mixes, dough and eggs separately from ready-to-eat foods.
- 2 **BEFORE BAKING**, tie back long hair, clean counters, assemble ingredients and equipment, wash hands, and apron-up.
- 3 **KEEP SEPARATE** the measuring, mixing and handling of unbaked batter or dough from cooling, serving and packaging of baked products.
- 4 **TEST** baked products with wooden toothpick or cake tester and food thermometer at center to ensure products are completely baked.
- 5 **CLEAN** tools, work surfaces and equipment with hot, soapy water or in dishwasher.
- 6 **WASH HANDS** before you taste, serve or package baked goods.

Baked Goods Internal Doneness Temperatures

Maximize quality and confirm products are fully baked by reaching these at-center temperatures:

DING! When oven timer indicates product is done, take an internal temperature at the center of the product.

150°F



Cheesecakes
(Remove from oven at 150°F to avoid cracking; temperature should rise to 160°F as it cools)

160°F



Quiche
Meringue pies
Bread pudding
Baked custard
Clafouti
Molten chocolate cakes

165°F



Stuffing & casseroles
Leftovers
Chocolate cream pie
Meat-, cheese- or poultry-filled breads
(Empanadas, pot pies, pasties, calzones, bierocks)

170°-175°F



Custard pies
Fruit pies
Flan
Crème brûlée

190°-210°F



Yeast breads
*(Soft rolls 190°F
Crusty bread 210°F)*

200°-209°F



Most cakes
(Pound cake 210°F)
Cupcakes
Quick breads
Scones
Biscuits
Pecan pie

After baking: Cool product on wire rack. Wash hands before handling products. Refrigerate egg-rich, cream- or meat-filled baked goods within two hours of baking. Yeast breads are best stored at room temperature or frozen if not eaten in one day.



Baker’s Bottom Line for Food Safety: Raw flour, baking mixes, batter and dough are not ready-to-eat. Flour, as well as eggs, must be thoroughly cooked or baked before eating to prevent illness from bacteria in the flour. Wash hands, utensils, and surfaces after mixing and handling batter or dough.

HomeBaking.org



February Bakers

February 1 is National Texas Day!

- ✦ Bake with Texas's best!
- ✦ Texas Chef Tess, Panhandle Milling, shares her Sheet Cake!
- ✦ Texas Wheat farmers grow bake the wheat AND bake!
- ✦ **Baking Hack:** The hard winter wheat grown in Texas is perfect for the flour in MOST home baking because it has a middle range of protein.

Texas
Wheat

whole wheat
JAM BARS



February Bakers

February 3 is Carrot Cake Day

✦ Eating carrots in baked goods adds Vitamin A to your life.

✦ **Baking Hack:** Grated fresh, or cooked and mashed, carrots may be added to most breads, cakes, muffins. They're moist and can replace some fat in the recipe, $\frac{1}{2}$ cup carrot for $\frac{1}{4}$ cup oil

✦ Veggie Waffles or pancakes are a great start ... Fat Free Carrot Cake a great finish!





February Bakers

Week 2: Baking for my Valentine + February 14

- ✦ It could mean delivering a Molten (like your heart) Lava Mug Cake!
- ✦ You might Make Your Own message Sweet Hearts!
Or shape Sweet Heart Rolls!
- ✦ **Baking Hack: Make a corn syrup substitute:** Simmer 2 cups sugar, $\frac{3}{4}$ cup water, $\frac{1}{4}$ tsp cream of tartar, 2 tsp lemon juice and pinch of salt until thickened (~15 minutes or 230°F on candy thermometer)



February Bakers

Week 2: Great American Pizza Week! + Pizza Day, Feb 9



Great American Pizza Bake
www.NationalDayCalendar.com

Second Week in February
#GreatAmericanPizzaBake



✦ Give them ALL a try...personal pan, whole grain, cheese, gluten-free, grilled, veggie, meat-lovers...

✦ **Baking Hack:** Bake personal pizzas at 475°F. in 8-in cast iron skillets or glass pie plates for crisp crust.

✦ **Save \$\$.** Homemade is half the cost and twice the gourmet. It's what's for Dinner Tonight!





February Bakers

Week 3: Baking History & Traditions



- ✦ **Baking Hack:** History reminds us *everyone* benefits from Random Acts of Kindness. Make this week a baking tradition.
- ✦ Share what you bake, #Kindnessstartswithone
- ✦ Bake Mini Fruit Tarts to share as a new tradition!

February Bakers

Feel Good About Bread Again



- ✦ Gain resources from the Canadian Millers and Healthy Grains Institute.

Baking Hack: Learn the facts, not just what social media neighbors think about wheat, bread, grains, carbs and health.

February Bakers

Celebrate Cherry Pie Day February 20!



- ✦ The measure of our American pie skills? Cherry Pie
- ✦ But the LATTICE? Really? How to Make Lattice Pie Crusts
- ✦ **Baking Hack:** Roll the dough from the center out, lifting the rolling pin after each roll. Roll between two parchment paper sheets for ease.

February Bakers

Sticky Bun Day is February 21, a Tradition!



- ✦ Sticky Buns are Cinnamon Rolls gone caramel. Add Pecans and there is nothing better.
- ✦ Want “salted caramel?” Dust lightly with Kosher salt just after baking.
- ✦ **Baking Hack:** Always toast nuts before using them in baking for maximum flavor.

February Bakers

February 22 is Sweet Potato Day

- ✦ American baking history includes tradition-rich sweet potatoes in biscuits, pies, cakes and more.
- ✦ **Baking Hack:** To avoid sogginess, bake or microwave (don't boil) sweet potatoes. Peel, mash, measure and prepare recipe.
- ✦ Add [Sweet Potato Pie](#) or [Roasted Shallot Sweet Potato Biscuits](#) to your baking portfolio.





February Bakers

Week 4: Bake for Others

- ✦ Start the week baking Banana Bread, (Feb 23rd's "the day!") Take time to share a cup of coffee or tea too.
- ✦ So many banana breads, so little time! Make one Double Chocolate Banana Bread.
- ✦ **Baking Hack:** Need a label for baking for others? Download at www.HomeBaking.org Be sure to write your gift's ingredient list on the label.

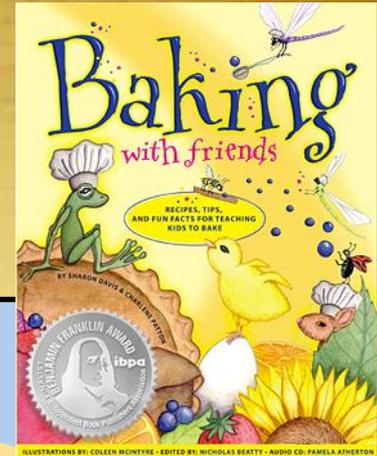


Happy Baking from the Sugar Association | Sugar.org



February Bakers

February 23 is Dog Biscuit Day



Pet Treats

Bake a special treat for your pet!

Ingredients:

- 2½ cups whole wheat flour
- ½ cup non-fat dry milk powder
- 1 teaspoon salt
- 1 teaspoon brown sugar
- 6 tablespoons cold butter or margarine
- 1 egg
- ½ cup cold water

Preparation Time: 15 minutes
Baking Time: 30 minutes
Makes: 10 large or 20 medium pet biscuits

Directions:

1. Preheat oven to 350 °F.
2. Combine whole wheat flour, dry milk powder, salt and brown sugar in medium mixing bowl. Cut butter into flour mixture using a pastry blender, fork or two knives until mixture resembles coarse crumbs.
3. Combine egg and cold water in small mixing bowl.
4. Stir the egg mixture into the dry mixture to form a dough ball. Sprinkle with small amounts of water or flour to make a dough that can be kneaded. Knead for about 3 minutes.
5. Roll dough to ½-inch thickness. Cut into bone shapes, using cookie cutter or knife. Cut into kibble snacks by rolling the dough into a long thin log, and cut ½-inch pieces. Place on baking sheet. Place the same size on each baking sheet for even browning.
6. Bake for about 30 minutes (depending on the size of the pieces) or until browned and crunchy.

Fun Fact:
Did you know pets can have food allergies? Substitute a blend of non-gluten flours (sorghum, soy, corn) or meal (corn, or flax) for pets with wheat allergies.

Vocabulary:
Staple:
a major product or part of daily life.

Family Activity:
Make pet treats and donate them to the local animal shelter or include as a specialty gourmet pet treat at a fundraiser bake sale.

FOR DOGS BIG AND SMALL

64 65

✦ Bake dog treats for a shelter or share with your mail delivery person.

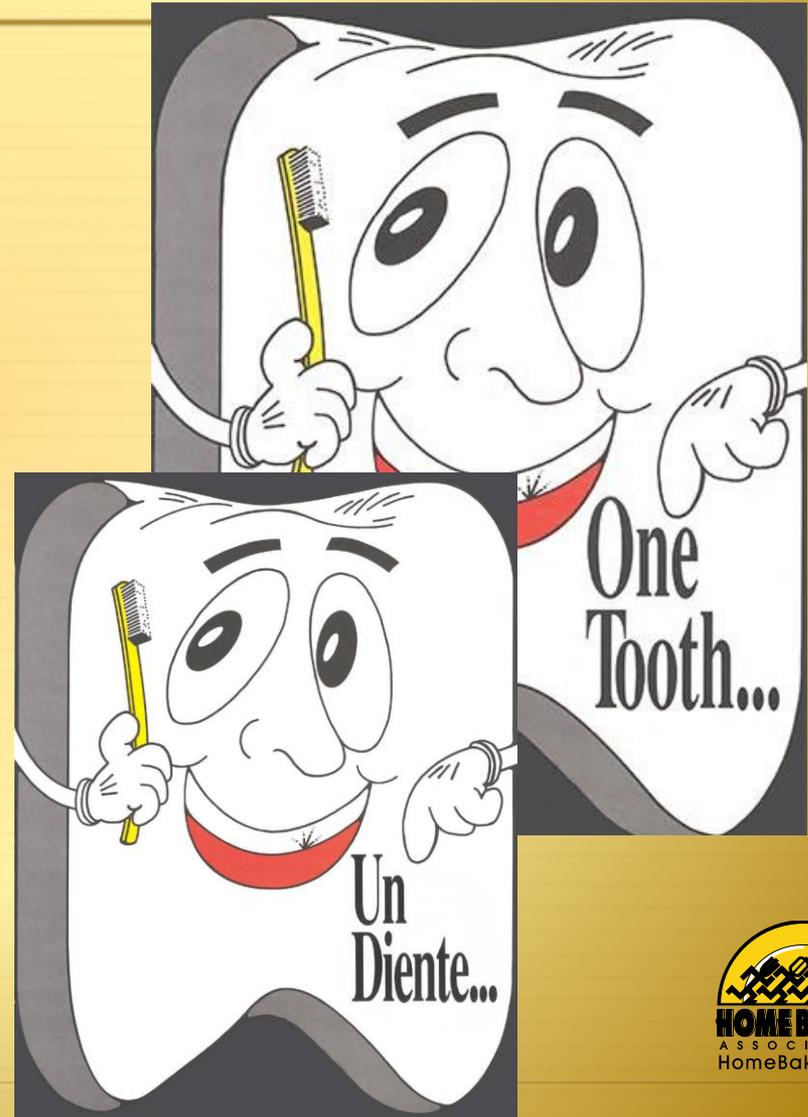
✦ **Baking Hack:** Dogs have ingredients they need to avoid too! Find our whole grain gluten-free blend in Baking for Special Needs.

✦ Baking with Friends includes pets 😊

February Bakers

February 28 is Tooth Fairy Day

- ✦ Being great bakers includes making sense of the science of sugar, diet & health.
- ✦ Find Dental Health resources like One Tooth
- ✦ Don't wait for the Tooth Fairy! Find many more resources for Family Learning.



February Bakers

It's Leap Year!—Let's bake a cake!



- ✦ If you love Food History, you'll like checking out Leap Year Cakes (1889-1964) with [The Old Foodie](#). We did!
- ✦ If you want to **bake a Leap Year Cake**, I'd say prepare Mrs. J.T. Read's receipt, 1889) Cake batter: 1 cup sugar, ½ cup butter, ½ cup milk, 1 ½ cups flour, whites of 3 eggs beaten, 1 teaspoonful baking powder mixed with flour. Flavor with **vanilla**. (HBA's note: Bake at 350°F ~28 minutes in greased and floured 8" square pan)
- ✦ Need help?
[How to Bake a Perfect Cake](#)
- ✦ **But**, go with a [Chocolate Buttercream Frosting](#) from the pros. (Mrs. Read's frosting contains 3 raw egg yolks!)



2020 March Bakers

A Sneak Peak!



March is ...

National Flour Month

www.NationalDayCalendar.com



- You'll love baking with ancient to modern grain flours. **Baking Hack:** There are six classes of wheat and the flours produced from them are used in specific products.