

Sugar Detectives Recipe: Yeast Bread

INGREDIENTS

- 1 tablespoon active dry yeast
- 1 tablespoon granulated sugar
- 1 tablespoon salt
- 2 cups warm water (95–110°F)
- 5½ to 6 cups all-purpose flour
- cornmeal or flour for dusting
- boiling water

INSTRUCTIONS

- Mix It:** In a large bowl, mix together the yeast, sugar, salt and water. Let this stand until the yeast is dissolved. Gradually add the flour, one cup at a time, to the liquid and mix thoroughly until the dough pulls away from the sides of the bowl. Turn the dough out onto a floured surface to knead. (This may be a little messy, but don't give up!)
- Knead It:** Fold the far edge of the dough back over on itself towards you. Press into the dough with the heels of your hands and push away. After each push, rotate the dough 90°. Repeat this process in a rhythmic, rocking motion for 5 minutes, sprinkling only enough flour on your kneading surface to prevent sticking. Let the dough rest while you scrape out and grease the mixing bowl with a few drops of olive oil (preferred) or non-stick baking spray. Knead the dough again for 2 to 3 minutes.
- Let It Rise:** Return the dough to the bowl and turn it over once to grease the top. Cover with a lid, sheet of waxed paper or oiled plastic wrap; keep warm (70-80°F) until the dough doubles in bulk, about 1 to 2 hours. (Two Day Tip: The dough may be placed in large plastic bag that's sprayed or oiled and refrigerated overnight. Be sure to allow room in the bag-- twist tie at the top--and deflate the dough after 1 hour. Allow to come to room temperature before shaping, Step 4.)
- Shape it:** Punch down the dough with your fist and briefly knead out any air bubbles. Cut the dough in half and shape into two Italian- or French-style loaves. Place the loaves on a cookie sheet generously sprinkled with cornmeal. Lightly cover the loaves with oiled/sprayed plastic wrap or damp, non-terrycloth clean towel. Allow to expand (proof) 30 minutes in a warm (80-100°F) place.
- Bake It:** Lightly slash the tops of the loaves 3 or more times diagonally and brush them with cold water. Place an aluminum roasting pan on the bottom of the oven. Fill 1 inch deep with boiling water. Slide loaves onto baking stone in a cold oven. Bake at 400°F for 35 to 45 minutes, until the loaves are golden brown and sounds hollow when tapped.



Recipe source: Hearth Bread, kingarthurbaking.com/recipes/hearth-bread-recipe

Read about Kneading, homebaking.org/glossary/#k and How to Make a Loaf of Bread, homebaking.org/how-to-bake-a-loaf-of-bread

Sugar Detectives Recipe: Vanilla Cream Cake with Quick Caramel Frosting

INGREDIENTS

For Cake:

- 2½ cups (12.5 oz.) all-purpose flour
- 1 tablespoon baking powder
- ½ teaspoon salt
- 2 large eggs
- 1¾ cup (13.15 oz.) granulated sugar
- 2 teaspoons pure vanilla extract
- 2 cups heavy whipping cream

For Frosting:

- ½ cup (1 cube) butter
- ¾ cup brown sugar
- 3 tablespoons milk
- 2 cups (8 oz.) powdered sugar

INSTRUCTIONS

For Cake:

1. Preheat oven to 325°F. Grease a 9x13-inch baking pan with cooking spray or butter and set aside.
2. In a medium bowl add the flour, baking powder, and salt and mix to combine (see note). Set aside.
3. In another medium mixing bowl beat the eggs with an electric mixer for about a minute until nice and frothy. Add the granulated sugar and beat until well mixed in. Mix in the vanilla extract.
4. Add 1/3 of the dry ingredients to the batter and mix, scraping down the sides of the bowl as needed. Then add 1/2 of the heavy whipping cream and mix. Add another 1/3 of the dry ingredients and mix. Then add the last 1/2 of the cream and mix until combined. Add the final 1/3 of the dry ingredients and mix until combined, scraping down the sides of the bowl if necessary.
5. Pour cake batter (batter will be very thick) into prepared baking pan and spread evenly. Bake in preheated 325°F oven for 55 to 60 minutes or until lightly browned and inserted toothpick comes out clean (see note). Frost cake while warm.

For Frosting:

1. After the cake is baked but before cooled, prepare the frosting. In microwave safe bowl add the butter, brown sugar and milk. Microwave on high for 1½ to 2 minutes or until mixture is boiling.
2. Add powdered sugar a cup at a time and whisk until smooth (see note).
3. Acting quickly, while cake is still warm, pour frosting on cake and spread evenly around edges. Frosting will set as it cools (see note).



Source: *The Cook's Treat*
thecookstreat.com/vanilla-cream-cake-with-quick-caramel-frosting/

Recipe Notes:

1. Sifting the flour mixture is optional, but it does add to the lightness of the cake.
2. Before testing the cake, be sure it is set. Testing it too early will make it fall. Cake is done when the center of the cake's temperature is 200°F. Visit HomeBaking.org/baking-food-safety/
3. If the powdered sugar is really clumpy, sifting it before mixing it in the frosting will help so it doesn't get clumps.
4. This cake is very tasty when still warm, but it definitely looks prettier when it's cooled because the frosting sets.
5. Alternately you can use two 9-inch cake pans with a baking time of about 35-40 minutes.

Sugar Detectives Recipe: Molasses Ginger Cookies

INGREDIENTS

2¼ cups all-purpose flour (spoon & leveled)	¾ cup unsalted butter, softened to room temperature
1½ teaspoons baking soda	½ cup packed light or dark brown sugar
2 teaspoons ground ginger	¼ cup granulated sugar
1¼ teaspoons ground cinnamon	¼ cup dark molasses
¼ teaspoon ground cloves	1 large egg, room temperature
¼ teaspoon nutmeg	2 teaspoons pure vanilla extract
¼ teaspoon salt	⅓ cup coarse sugar, for rolling

INSTRUCTIONS

1. Whisk the flour, baking soda, ginger, cinnamon, cloves, nutmeg, and salt together until combined. Set aside.
2. In a large bowl using a hand-held or stand mixer fitted with a paddle attachment, beat the butter and both sugars together on high speed until creamy and combined, about 2 minutes. Add the molasses and beat until combined. Then add the egg and vanilla extract and beat until combined, about 1 minute. Scrape down the sides and bottom of the bowl as needed.
3. On low speed, slowly mix the dry ingredients into the wet ingredients until combined. The cookie dough will be slightly sticky. Cover dough tightly with aluminum foil or plastic wrap and chill for 1 hour and up to 3 days.
4. Preheat oven to 350°F (177°C). Line two large baking sheets with parchment paper or silicone baking mats (*always recommended for cookies*). Set aside.
5. Remove cookie dough from the refrigerator. If the cookie dough chilled longer than 2 hours, let it sit at room temperature for at least 30 minutes. The cookies may not spread in the oven if the dough is that cold. Roll cookie dough, 1 tablespoon each, into balls. Roll each in granulated sugar and arrange 3 inches apart on the baking sheets. Bake for 11-12 minutes or until edges appear set. If the tops aren't appearing cracked as pictured, remove the baking sheet from the oven and gently bang it on the counter 2-3x. This will help those warm cookies spread out and crack on top. Return to the oven for 1 additional minute.
6. Remove from the oven and allow cookies to cool on the baking sheet for 5 minutes before transferring to a wire rack to cool completely.
7. Cookies will stay fresh covered at room temperature for 1 week.



Source: Sally's Baking Addiction
sallysbakingaddiction.com/soft-molasses-cookies

Sugar Detectives Recipe: Angel Food Cake

INGREDIENTS

- 1¼ cups egg whites (about 9)
- 1½ cups granulated sugar, divided
- 1 cup cake flour
- 1¼ teaspoons cream of tartar
- 1 teaspoon vanilla extract
- ¼ teaspoon almond extract
- ¼ teaspoon salt

INSTRUCTIONS

1. Place egg whites in a large bowl; let stand at room temperature 30 minutes. Sift 1/2 cup sugar and flour together twice; set aside.
2. Place oven rack in the lowest position. Preheat oven to 350°. Add cream of tartar, extracts and salt to egg whites; beat on medium speed until soft peaks form. Gradually add remaining sugar, about 2 tablespoons at a time, beating on high until stiff peaks form. Gradually fold in flour mixture, about 1/2 cup at a time.
3. Gently spoon into an ungreased 10-in. tube pan. Cut through batter with a knife to remove air pockets. Bake 35-40 minutes or until lightly browned and entire top appears dry. Immediately invert pan; cool completely, about 1 hour.
4. Run a knife around side and center tube of pan. Remove cake to a serving plate.



Source: Gemma's Homemade Angel Food Cake Recipe biggerbolderbaking.com/angel-food-cake/