Baking Innovations 2022 FORUM

April 6, 2022 - 7 PM Eastern

Celebrations Take Cake!

Resources, recorded presentations at HomeBaking.org

LIVE ZOOM Presented by
✧ Eleonora Lahud, Research Chef, ASR-Group
✧ Elizabeth Hagan, Family & Consumer Sciences Teacher, HBA Award winner
  Bearthday Cakes Around the Globe
✧ Home Baking Association Staff

Everything’s Sweeter When Shared.
Partners
Associate Members

Bakers...chefs...bloggers...authors...teachers...YOU?
Poll Question #1

What type of cake do you most often bake and how often do you bake it?

- Bundt
- Sheet (15 X 10; 9 X 13; 8 X 8-in)
- Layer
- Angel food (foam)
- Chiffon
- Coffee cake
- Jelly Roll
- Pound
- Cupcakes
- Cheese cake
- Wide variety of types

...Once a year...2-4 times a year...monthly...12 + times
Welcome

Chef Eleonora Lahud
Research Chef, ASR-Group.com

Icings, Buttercreams, Meringues
Poll Question #2

Why do you most often bake a cake...
- Birthdays, anniversaries
- Holidays
- Community event, gathering
- Friends getting together, pot-luck
- Sports event, tailgate
- Bake sale or fund raisers
- Other

...and what cake do people count on you to bring?
Welcome
Elizabeth Hagan
Family & Consumer Sciences Teacher
Kuemper High School, Carroll, IA

Birthday Celebrations: How Baking At Home Takes You Around The Globe
Elizabeth Hagan • Family & Consumer Sciences Educator • Kuemper HS, Carroll, Iowa

Birthdays are celebrated in a variety of ways across the globe. Each culture has unique and delicious baked goods that help individuals celebrate another year around the sun. In response to the Covid-19 Pandemic, millions of Americans were staying in, baking at home, and celebrating birthdays alone, so this lesson gives students the opportunity to bake, celebrate, and experience multicultural foods, all while staying home.

Objectives:
1. Briefly explain the history of birthday celebrations and cakes.
2. Identify and describe birthday traditions celebrated in various countries and cultures around the world.
3. Research and select a baked birthday dessert to prepare and plate in an aesthetically pleasing way.
4. Photograph and describe the birthday traditions to peers.
5. Prepare a baked birthday dessert for family member or friend for their birthday.
6. Form connections with others during the pandemic, using a baked good.

Materials
- History of Birthday Cakes
- Birthdays Around The Globe slideshow
- Birthday Traditions Around The Globe worksheet
- Birthday Traditions & Cake Lab Guide worksheet
- Cake Recipe Selection Lab Preparation sheet
- Food Photography & Presentation Guide slideshow
- white paper, colors
- Baked Good Evaluation sheet
- Camera

Emphasis
- Baking, Photography, Geography, History, & Culture
- Think-Pair-Share Questionnaire
- Baked Good Rubric & Reflection
- Social Media Posting
- Baked Birthday Cake for Family & Friends

Pre-Evaluation
- History of Birthday Celebrations: Baking, Photography, Geography, History, & Culture
- Think-Pair-Share Questionnaire

National Standards for Family and Consumer Sciences Education:
- 14.0 Nutrition and Wellness
  14.1.2 Investigate the effects of psychological, cultural, and social influences on food choices and other nutrition practices.
- 8.0 Food Production and Services
  8.5.10 Prepare breads, baked goods and desserts using safe handling and professional preparation techniques.
  8.5.12 Demonstrate professional plating, garnishing, and food presentation techniques.

Today’s Objectives

- Describe the purpose of the lesson plan
- Explain each day of the lesson plan
- Review the importance of baking education
Birthday Celebrations: How Baking at Home Takes You Around the Globe

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National Standards:
14.1.2 Analyze the effects of psychological, cultural, and social influences on food choices and other nutrition practices.
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<th>Post-Evaluation</th>
<th>Community Service</th>
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</thead>
<tbody>
<tr>
<td>Baking, Photography, Geography, History, &amp; Culture</td>
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<td>Describe the history of birthday cakes and birthday celebrations</td>
<td>History of the Birthday Cake Reading &amp; Questions</td>
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<td>Persuade the importance of baked goods in birthday celebrations</td>
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<td>Day 2: Birthday Traditions Around the Globe</td>
<td>Identify where different birthday traditions occur in the world</td>
<td>Birthday Tradition &amp; Cake Lab Guide</td>
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<td>Cake Recipe Selection Lab Preparation Sheet</td>
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<td>Define food photography and food presentation</td>
<td>Food Photography &amp; Presentation Guide Slides</td>
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<td>White paper, colors</td>
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<td>Day 4: Baked Birthday Dessert Lab</td>
<td>Prepare cultural baked good cooperatively in lab groups</td>
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<td>Plate birthday cake is visually appealing way and photograph</td>
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<td>Evaluate baked goods and peers’ baked goods based on sensory characteristics</td>
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<td>Day 5: Present Birthday Cake: Food Photography</td>
<td>Present your cultural birthday cake to the class</td>
<td>Food Photography: Social Media Post</td>
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<td>Briefly summarize the cultural baked good and its birthday customs in post</td>
<td>Extra Credit: At-Home Lab</td>
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Purpose of the Lesson

Students experience multicultural foods while baking at home during covid-19 pandemic.
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Summary of the Lesson: Main Goals

1. Briefly explain the history of birthday celebrations and cakes
2. Identify and describe birthday traditions celebrated in various countries and cultures around the world
3. Research and select a baked birthday dessert to prepare and plate in an aesthetically pleasing way
4. Photograph and describe the birthday traditions to peers
5. Prepare a baked birthday dessert for family member or friend for their birthday
6. Form connections with others during the pandemic, using a baked good
Day 1: History of Birthdays & Birthday Cakes

Materials:
- Think-Pair-Share Questionnaire
- History of the Birthday Cake Reading &

Questions/actions:
- Discuss birthday traditions and previous knowledge about birthdays
- Describe the history of birthday cakes and birthday celebrations
- Persuade the importance of baked goods in birthday celebrations
**Birthday Questionnaire: Think-Pair-Share**

Name: ___________________________ Date: __________

**Instructions:** Using your prior knowledge and past experiences, answer the following questions relating to birthday cakes and birthday celebrations. Be prepared to share your answers with the class.

**THINK:** Answer the following questions independently.

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
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<tr>
<td>How do you celebrate birthdays in your household?</td>
<td></td>
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<tr>
<td>What are some common birthday traditions that you have heard of family or friends celebrating?</td>
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<tr>
<td>Sketch a picture of a birthday cake below.</td>
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</tr>
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</table>

Referring to your sketch, how much do you think the presentation or appearance of a birthday cake matters to the cake?

What visual characteristics make a birthday cake appealing?

How important is a visually appealing birthday cake? Explain your answer.

Where do you think your birthday cakes and birthday traditions originated?

**Pair:** Share your birthday traditions with a partner.
Write down two things you learned from your partner in the box below.

**Share:** Discuss as a large group. Write down two things you learned from your classmates in the box below.
History of Birthday Cakes

Name:  
Date:  
Points:  /10

Instructions: Read the article describing the history of birthday cakes. Answer the questions relating to the text.

Objectives:

- Describe how birthday cakes first started
- Identify cultures that celebrated birthday cakes originally
- Relate birthday cakes used in the US today to cakes in the past
- Describe why and how candles were used in the original birthday cakes

Birthdays are celebrated all around the world in a variety of ways with each culture having unique traditions that help individuals celebrate another year older. Baked goods are commonly used as a celebratory custom. Customs, traditions, and baked goods have evolved over time, but historians are unsure of the exact location where the origin of celebratory cakes first started.

Historians believe that Ancient Egyptians were the first to celebrate birthdays, because Egyptians believed that pharaohs became gods when they were crowned. Coronations were considered the “birth” of a god and celebrated. Food, drink, and festivities occurred when each new pharaoh was born, similar to “birthday parties” today.

Cakes were also common celebratory foods in Ancient Greece and Ancient Roman. Ancient Romans typically served cakes at birthdays and weddings. The circle cakes were made from flour, nuts, leavened years, and honey. Ancient Greece celebrated birthdays with cakes, specifically the sixth day of every lunar year with moon-shaped cakes that included lit candles. The cakes were offered up for Ancient Greece’s goddess of the moon, Artemis. The lit candles represented the moon’s shine. Artemis’ candles were considered the first “birthday candles.” Cake candles continued to be used in other ancient, Pagan cultures. Pagan cultures believed that fire from the lit candles scared away evil spirits and the smoke from candles carried prayers to the gods. People made noise and lit candles to ward off evil spirits on a person’s birthday.

In the early 1400's, German bakeries first started selling sweet cakes, specifically marketed for birthday parties of young children. The birthday parties were referred to as Kinderfest and the cakes were called Geburtstagorten. These cakes were designed for the wealthy,
Day 2: Birthday Traditions Around the Globe

Materials
- Birthday Tradition & Cake Lab Guide
- Birthday Traditions Around the Globe
- Cake Recipe Selection Lab Preparation Sheet

Questions, actions:
1. Identify where different birthday traditions occur in the world
2. Explain how birthday traditions and celebration baked goods vary across cultures
3. Research a specific culture and their birthday celebration customs & cakes
Birthday Traditions Around the World

Instructions: Label on the map where each tradition originated.

Birthday Tradition & Cake Lab Guide

Name: ____________________________  Date: ___________  Points: ___/15

Instructions: Research a specific culture or country of your choice and the birthday traditions most typically celebrated. Then, select a recipe that incorporates the recipe.

Country or Culture Selection: I am selecting ____________________________.
Because...

Geography: Describe the location and mark on the map below where the tradition started.

1: United States of America  2: Egypt  3: Greece  4: Germany  5: China  6: France
7: Japan  8: India  9: Norway  10: Mexico
United States of America

- Traditional birthday cakes consist of icing, fondant, buttercream, and decorations
- Sponge white or chocolate cakes are more typical
- Candles adorned for number of years
- Writing also common using icing
India

- **Mawa Cake**
- Milk based cake with nuts
- Most common in Mumbai
- Difficult and lengthy to make, so a rare treat

Picture Source: https://www.tashasartisanfoods.com/blog/mawa-cake/
Greece

- *Revani*
- Cake made with semolina and lemon
- Orange syrup coats the cake
- Also common in Turkey

Picture Source: https://www.dianekochilas.com/revani-greek-almond-cake-with-syrup/
Germany

- Traditional cake from south-east region of Germany, Black Forest Region
- Black Forest Cherry Cake
- Chocolate cake with cherry filling
- Topped with cherries & chocolate
China

- Common to have round or rectangular cakes
- Typically incorporates fruit & nuts
- Colorful
- Light, spongy cake with whipped frosting
France

- *Galette des Rois*
- Aka “King’s Cake”
- Buttery puff pastry
- Powdered sugar sprinkled
- Also eaten around Christmas
- Sweet almond flavor
Japan

- Rice cake served in little circle shape
- Traditionally white or pink in color
- Also used to celebrate New Years and weddings
- Round, flat shape symbolizes a happy life
Mexico

- Originated in Mexico in 1800’s
- White cake soaked in milks, creams, and custards
- Originally, also soaked in wine
- Topped with white, whipped frosting

Picture Source: http://catastrophiccook.com/tres-leches-cake/
Norway

- *Bløtkake* is most common Norwegian birthday cake
- Commonly decorated with strawberries and blueberries
- Decorated to look like the national flag
Egypt

- *Kahk* dates back to Ancient Egypt
- Recipe was found in Great Pyramid
- Used to celebrate weddings and birthdays
- Made in variety of shapes and stamped with sun god, Ra
- Topped with powdered sugar
- Also eaten in Sudan

Picture Source: https://vanillapapers.net/2019/05/23/semiramis-ramadan-sweets-desserts/
Day 3: Food Presentation
Food Photography

Materials:
- Food Photography & Presentation Guide Slides
- White paper, colors

Questions, actions:
1. Define food photography and food presentation
2. Identify characteristics of well-plated foods
3. Describe why food plating is important
Day 4: Baked Birthday Dessert Lab

Materials

- Baked Good Evaluation
- Camera

Questions, actions:

1. Prepare cultural baked good cooperatively in lab groups
2. Plate birthday cake is visually appealing way and photograph
3. Evaluate baked goods and peers’ baked goods based on sensory characteristics
Day 5: Present Birthday Cake: Food Photography

Materials

- Food Photography: Social Media Post
- Extra Credit: At-Home Lab
Food Photography: Social Media Post

Instructions: Birthday cakes and social media posts are two common ways that people celebrate birthdays around the world. Take a photograph of your birthday cake in a visually appealing way and write a caption that briefly describes the cake, culture, and traditions. This post will be hung around the classroom, so others can see your traditional cake.

Optional: You can post this on social media to see other’s reactions.

Your Post should Include:

- Country
- Food Prepared
- Description of Ingredients and Food
- Brief History of the Food

Caption: “Khak” is a traditional Egyptian sweet cookie that is commonly used to celebrate birthdays. The Khak has been used since Ancient Egyptian times and is imprinted with “Ra,” the sun god, to celebrate another year around the sun. The cookie is prepared with flour, butter, sugar, nutmeg, vanilla, cinnamon, and milk. Nuts are also sometimes used. “Khaks” are popular Egyptian treats.
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Day Objectives

Day 1: History of Birthdays & Birthday Cakes
- Discuss birthday traditions and previous knowledge about birthdays
- Describe the history of birthday cakes and birthday celebrations
- Persuade the importance of baked goods in birthday celebrations
- Think-Pair-Share questionnaire

Day 2: Birthday Traditions Around the Globe
- Identify where different birthday traditions occur in the world
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- Cake Recipe Selection Lab Preparation sheet

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- White paper, colors

Day 4: Baked Birthday Dessert Lab
- Prepare cultural baked good cooperatively in lab groups
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- Camera

Day 5: Present Birthday Cake & Food Photography
- Present your cultural birthday cake to the class
- Briefly summarize the cultural baked good and its birthday customs in post
- Food Photography: Social Media Post sheet
- Extra Credit: At-Home Lab sheet

National Standards for Family and Consumer Sciences Education: https://leadfcsed.org/national-standards.html

Elizabeth’s Lesson Materials available at https://www.homebaking.org/lesson-plans/
More Tools for Success

Sharon Davis, FCS Education-Director Program Development
Charlene Patton, Executive Director, Home Baking Association
Valuable Thermoworks® offer
Chef Earl Martin Quality Temperatures video
Heat is An Ingredient

Heat is an ingredient!

And carefully measuring how much you add is the key to baking success for students and their families.

Use a digital thermometer to measure your ingredient and process temperatures...

Cutting in Butter
35 to 40°F
Creaming Butter
65 to 70°F
Dry Blend Yeast
120 to 130°F
Blooming Yeast
105 to 115°F

Use a digital thermometer to verify your doneness temperatures...

Cheesecake
145 to 155°F
Quiche/Custard/
Cream Pie
160 to 170°F
Brioche
180 to 190°F
Bagels
185 to 195°F
Sourdough
190 to 210°F
Yeast Breads
190 to 210°F
Rich Cake
200 to 205°F
Muffins
205 to 210°F
Light Cake
205 to 210°F

How to take a temperature
1. Place the probe tip in the center of what you're measuring
2. If powder or liquid, gently stir
3. If solid, push past center and pull back slowly
4. Look for the lowest number on the display

ThermoPop®
4.8 out of 5 stars
2,208 Ratings

- Fast: Readings in just 3 to 4 seconds
- Guaranteed Accuracy: ±.2°F
- Durable and splash-proof: IP66 Rating
- Easy to Read: Huge Backlit Display
- Fast Design: Grip with Either Hand
- 4.3” Probe, Keep Your Hand Away From the Heat
- Designed in Utah by Thermoworks

$35.00  $17.50 (plus shipping)
Exclusive price for students and their families
Go to ThermoWorks.com/ThermoPop and use Discount Code: STUDENTOFFER22 at checkout...

Take it from the experts...
Cook’s Illustrated/America’s Test Kitchen calls it “dead accurate and extremely fast” that “makes the best of its size with a grippy, ergonomic design that’s reasonably secure and easy to push and pull out of dense foods.” They awarded it...
Best Inexpensive Digital Thermometer
Good Housekeeping says “For anyone looking for a simple, easy-to-use instant-read thermometer, the colorful Thermoworks ThermoPop Thermometer... features big digits, a rotating head so you can check temps from any angle, and a thin tip.” Awarded...
Easiest-to-Use Thermometer

https://www.thermoworks.com/home-baking-association
Deliver Food Safety

- Partnership for Food Safety Education, fightbac.org
- Flour & Home Food Safety Graphics, videos
- Safe Recipe Style Guide

Resources – Flour & Home Food Safety

The Partnership for Food Safety Education recommends people not eat raw cake batter, cookie dough and other doughs, whether they come from a mix or are made from scratch.

Flour and other ingredients can contain harmful bacteria that are only killed during the cooking process. Children are especially vulnerable to serious foodborne illness.

Join our email list to stay up to date on home food safety.
Flour is a minimally processed ingredient that carries pathogens from the field.

Wash hands before and after mixing or shaping raw dough.

Do not eat raw dough or batter.

Cook or bake everything to safe temperature.

Work with a clean workstation & utensils; clean counters of egg, flour, dough and batter.
The Pan Matters

Highlights

Glass bakeware

- Retains more moisture
- No burned edges
- Less “doming”
- Even browning

Second: Heavier steel or aluminum, greased/lined
Worst: one-use aluminum
Why Bake with Glass?

- **Dependable**: Bakes evenly, retains heat so it keeps food warmer, longer & cleans easily.
- **Durable**: Glass will not warp or stain.
- **Versatile**: Bake, serve & store; clear glass allows you to see what is baking.

Did you know the word **tempered** means: A process in which glassware is subjected to sustained heating followed by rapid cooling to enhance strength and increase durability, (like your car windshield!)

Best Ways to Care for Glass Bakeware:
- Clean with non-scratch pads and cleansers
- Avoid severe temperature changes and impact with hard objects
- Always use oven mitts
- Use only in pre-heated conventional oven up to 425°F or microwave ovens
- Do not place on stovetop, under broiler or in toaster oven

And also, what is this?:

**Soda-lime-silicate glass**: It is glass made of soda lime (70 SiO₂, 10 CaO, 15 Na₂O) and is the type of glass used to make Anchor Hocking bakeware.

Why is Anchor Hocking glass made from soda lime silicate?

Anchor Hocking brand’s tempered soda-lime-silicate glass bakeware is stronger and more durable than borosilicate bakeware. If it happens to break, it breaks into relatively small pieces generally lacking sharp edges. It is 100% recyclable.

**Anchor Hocking Glass Bakeware Complies with Cookware Manufacturers Association’s Engineering Standard of Excellence**

Sheet cake
Coffee cake
Bake and Take
9-in X 13-in
8-in X 8-in
Shapes

Essentials Bakeware
- VALUE PACKED boxed sets
- Plastic lids now available
- “Bake and Take”

Oven Basics™
- Oversized capacities
- Larger handles better grip

Premium
- Best shape in the industry,
- Durability, 10-yr warrenty
- Deep design, rounded corners for better baking.
- XL handles w/ holes for better handling
Plant-based bio-friendly packaging

This 6-pack is set to display all the tiny treats you can sell. Made from 99% annually renewable, plant-based material, it’s your new best friend, so move over doggies!

Fits up to 1.5” mini cupcake liners and a good swirl of icing.

BXX0096

With smooth lines and clear visibility, this 99% plant-based package is like a mini art gallery for your tasty treats.

Fits 2.5” mini muffins or cupcakes with plenty of room for icing or toppings. 😍

BXX00898
The queen of functionality, this 99% plant-based package not only has super visibility and cake grippers to protect your creations, it also contains no BPAs, phthalates or other nasty stuff. Now that's what we call a slam dunk!

Fits 2" standard liners and maybe more than a "healthy" amount of icing. 😊

BXX00214

Plant-based bio-friendly packaging

Whether you're sharing or having both (hey, we're not judging), this 99% plant-based package contains no BPAs, phthalates or other nasty stuff. Sleek, snug design with re-sealable snaps keeps cakes looking de-e-lish.

Fits up to 1.75" standard liners with enough height for moderate icing. ✨

BXX00202
single serve cupcakes

This 99% plant-based, domed package is perfectly suited to meet the demands of the big-boy cupcake and deliver stellar visibility. And did we mention that it’s all without BPAs, phthalates or other nasty chemicals? Oh yeah, that too. :-)

Fits up to 2.5” jumbo cupcake liners, plus a swirl of icing. 🌸

BXX00112

Made for hugging the curves with a smooth, domed design, this 99% plant-based contains no BPAs, phthalates or other nasty stuff. Grippers keep cakes snug and smoosh free and in tip-top shape!

Fits up to 2” standard liners and enough icing to satisfy a sweet tooth! 🍦

BXX00111

Plant-based bio-friendly packaging
www.goodnaturedproucts.com
Cake Baking Resources

- Link: *Baking Innovations* recorded ZOOM, Resource Guide

Resource Guide includes:
- Chef’s Recipes
- HBA Test kitchen cake recipes
- Domino and C&H frosting guides
- *Bearthday* resources
- Power point pdfs
- Why Bake in Glass?
- Heat is an Ingredient offer
- Bio-friendly packaging infograph
Questions?
Gracias
Merci
Thank you
Grazie

“Everything’s Sweeter When Shared.”

Дякую!