



**H**OME  
**BAKING**  
*Association*  Teach • Learn • Inspire

# MAY BAKING

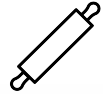


- 13** Apple Pie Day
- 20** Pizza Party Day
- 21** Strawberries and Cream Day
- 27** Memorial Day

# MAY



**May is Mediterranean Diet Month**



**May 5: Cinco de Mayo**



**May 8: Coconut Cream Pie Day**



**May 12: Mother's Day**



**May 14: Buttermilk Biscuit Day**



**May 15: Chocolate Chip Day**



**May 26: Cherry Cheesecake Day**



**May 20: Pick Strawberries Day**



**May 31: Macaroon Day**





# Cinco de Mayo

May 5th



Through baking, students can develop an appreciation of the traditions & customs found throughout Mexico. They'll learn that food is not just nourishment but also a reflection of the history, geography, and cultural identity of the Mexican people.

## You Can Make Quesadillas!

A quesadilla is traditionally made from round, unleavened quick bread called tortillas. In just a few easy steps, **you can make tasty quesadillas** anyone would enjoy.

Mexico celebrates **Cinco de Mayo** on the 5th of May to commemorate an important military victory and to celebrate with parades, music, dancing, and yummy food like tacos and chips with salsa!



**Seguridad Alimentaria para Hornear 101**

Se encuentra al reverso una lista completa de verificaciones de seguridad para hornear.

6 pasos sencillos de seguridad alimentaria para hornear:

1. GUARDE fuera de casa, mascotas para hornear, y huelas aparte de alimentos ya preparados.
2. ANTES DE HORNEAR, use el pelo largo, limpie las barras de cocina, junte los ingredientes y equipo, limpie las manos, y póngase el delantal.
3. GUARDE SEPARADOS el marcar, revolver, y manejar de masa o mezcla no cocida aparte de las producciones empujando o preparando a lista para empacar.
4. PRESENE productos cocidos en el medio con paño de madera o plástico de papas y termómetro para alimentos para asegurarse que están bien cocidos.
5. LIMPE superficies de cocina, barras de cocina, y equipo con agua caliente con jabón o en el lavaplatos.
6. LAVESE las manos antes de probar, servir, o empacar alimentos cocidos.

View our **Spanish language resources** here!

Are you new to international baking? **Use this handy guide** to help you shop for ingredients!

**SHOPPING FOR A GLOBAL KITCHEN**

If you are a young cook and want a little help with some of these activities, you can ask your older brother, sister, neighbor, friend or cousin to help you out. Spending time in the kitchen always lets a lot of fun, no matter how old you are. If you are a teen-ager, consider enlisting a younger chef in these activities as a way to enrich your own experience. You could have a lot more fun teaching or helping youngsters with their first cooking and shopping activities.

**Shopping at the International Market**

Do you have an international recipe in mind for dinner tonight? If you're looking for recipes that are a little outside your normal eating habits, stop at an ethnic market first for authentic spices and ingredients. Local ethnic grocery stores generally have less expensive prices than supermarkets. And you will most likely discover new foods, meet different people, and benefit your neighborhood economy by shopping locally.

Take your cookbook or your recipes with you. Ask questions about the food and other products at the store. The store clerk will probably have lots of ideas about your recipe and how to help make it very authentic or give it a personal "twist." Plus you could learn a lot of cool things about cultures & cooking!

**Shopping at the International Market**

"Can you tell me what this ingredient is?" "What does it taste like?" "How do you use it?"

"Have you ever made a recipe like this before?" "How do you pronounce that?"

"Do you have any ideas to help me make this recipe more like something you might make?" "What is it?"

**Visit Your Local Farmer's Market**

Visit your local farmers' marketplace. Sure, the farmers in your market are from your own region, but that is exactly what makes it fun going to an open-air market to buy your weekly food items. Dura is one of the very few cultures that has large grocery stores where you can purchase everything you need for your home during any given week. The fact is, most other countries have marketplaces where vendors work from stalls every day just like our local farmers do on weekends. We think it's entertainment, but for everyone else around the world, it's a way of life.

From the children's international cookbook, The Cultural Chef

## Learn how to make flour tortillas

**Flour Tortillas**

**Ingredients:**  
2 1/2 cups unbleached all-purpose flour (may use half whole wheat flour)  
1 teaspoon salt  
1 teaspoon baking powder  
1 to 1 1/4 cups warm water (105 °F)  
2 tablespoons vegetable oil

**Preparation Time:** 30 minutes  
**Baking Time:** 1 1/2 to 2 minutes  
**Makes:** 8 tortillas  
**Serving:** 1 tortilla

**Directions:**

1. Combine flour, salt and baking powder in large mixing bowl.
2. Add warm water and oil to flour mixture. Stir until mixture is blended and sticks together. If dough is too sticky, add small sprinkles of flour. Knead dough lightly to form a smooth dough ball. If dough is dry, add small sprinkles of water.
3. Divide dough into eight pieces, shape each dough piece into a ball. Let rest covered or in plastic bag for 15 to 20 minutes or refrigerate overnight.
4. Flatten each ball into a thin circle about 8 to 10 inches across using a rolling pin or hands.
5. Heat griddle or skillet to medium hot. Bake each tortilla about 1 1/2 to 2 minutes per side or until lightly browned.

**Baker's Tip:** Tortilla will have brown speckled spots. Stack, cover and keep warm.

**Fun Fact:** Tortillas are the cornerstone of the Mexican diet—morning, noon and night. In Mexico, corn tortillas are most commonly eaten. In the U.S., the flour tortilla is the most popular variety.

**Family Activity:** What is your favorite bread? Let every family member name their favorite. Answers may include pancakes, tortillas, crackers, toast, bread, sliced bread or buns, muffins, bagels, pita, flat bread...

**Baker's Dozen:** Written items. In feudal times, bakers provided an extra term for the hungry serf who received the lord's bread would not be tempted to steal, making the order "bake."

# Bake with LEMONADE this May!

National Lemonade Day is May 5th

**Let's Get You Started!** Explore the various ways you can infuse lemonade into your baking. From using it as a liquid component in cake batter to creating tangy glazes and syrups, there are endless possibilities to incorporate this beloved beverage into your recipes.



Bake a cake as Southern as Lemonade and Sweet Tea with this **Arnold Palmer Sweet Tea and Lemonade Cake with Lemonade Frosting!**

- ▶ Make your own **Sparkling Lemonade!**
- ▶ This **Lemonade Cake** pairs subtly lemon, tender cake with rich, sweet, tart lemon buttercream. The result is a truly tasty lemon experience reminiscent of sipping lemonade on a hot summer day.
- ▶ Chef Tess shares her **PINK Lemonade Cake**
- ▶ Chef Eleonora shares her **great Icing, Buttercream and Meringues.**



**Baking Hack:** Southern lemonade cake recipes may ask for “plain flour” meaning it is **not** a self-rising flour blend with the leavening mixed in. Southern bakers know their wheat-- **soft red winter**- is a lower protein, enriched and bleached wheat flour— a **perfect cake flour!**



# MEDITERRANEAN Diet Month



The Mediterranean diet is a way of eating that's inspired by the traditional dietary patterns of countries bordering the Mediterranean Sea, such as Greece, Italy, Spain, and Morocco.

**Bake MORE flat breads for friends and family!** Mediterranean countries like Greece and Italy have their own variations of flatbreads. In Greece, you'll find pita-like bread called "pita" or "paximadi," while in Italy, flatbreads like focaccia and piadina are popular.

- ▶ **3-Ingredient Flat Bread**
- ▶ **Soft Wrap Bread**
- ▶ Choose from a baker's dozen **Focaccia**
- ▶ Self-rising flour plus yeast lift **Rosemary Flat Bread**
- ▶ **Flatbreads grill** great too!



**MEDITERRANEAN DIET**





# RHUBARB Season

## Strawberries and Rhubarb Just Go Together!

Rhubarb pie has a rich history dating back to its cultivation in China over 2,000 years ago, later spreading to Europe where it became a beloved dessert staple coupled with strawberries, particularly in the United Kingdom and North America.

Give Chef Gemma Stafford's [Simple Rhubarb Crisp](#) a try!

Watch Baker Bettie's [Step-by-Step for a Strawberry Rhubarb Pie](#).



[Strawberry-Rhubarb Galette](#) Recipe

Learn which states prefer Strawberry Rhubarb Pie over all else!



The United States of Pie!

WHEN IT COMES TO PIE, THE UNITED STATES ARE MORE DIVIDED THAN EVER.

# Celebrate MOTHERS Day!

May 12th

As Mother's Day approaches, finding the perfect gift to show appreciation for the special women in our lives can be both delightful and challenging. This year, consider combining the heartfelt gesture of a beautiful still-life work of art, and delicious focaccia!

View a blog post with recipe & instructions here!



Here are some great **Bake to Give** gift ideas for Mother's Day

- ▶ **DIY Sugar Scrubs**
- ▶ **Baking with Friends cookbook**
- ▶ **Baker Bettie's Better Baking Book**
- ▶ **Gourmet Vanilla Products**
- ▶ **Hand Lotion Recipe from Rodelle**



Celery Stamp  
Painted Cake



Make mom some delicious **Whole Grain Pancakes** for Breakfast!





# A Slice of Apple Pie is as Good as it Gets!

Apple pie day is April 13



Apples are believed to have originated in the region of modern-day Kazakhstan in Central Asia, where their wild ancestors, *Malus sieversii*, still grow today.

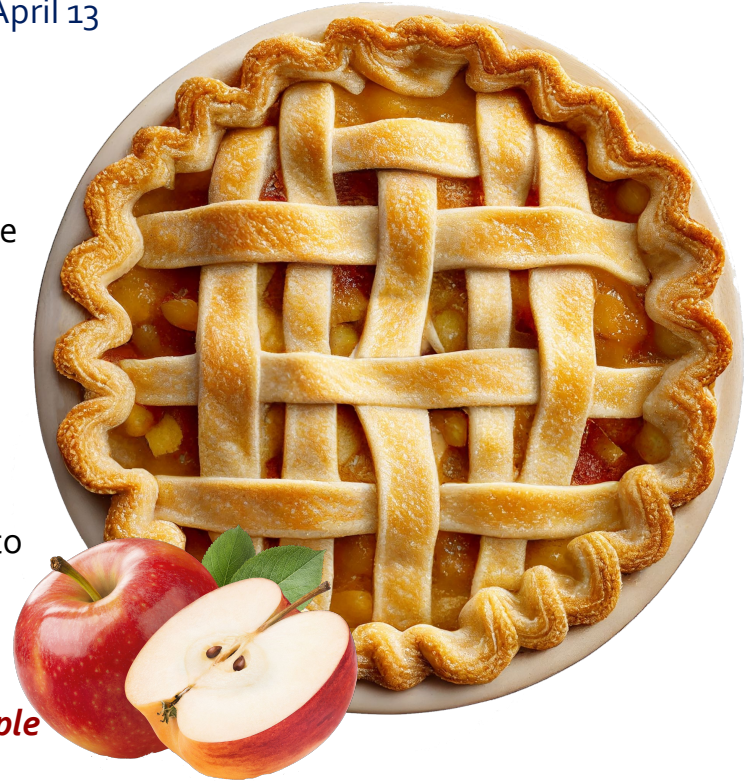
## DID YOU KNOW?

A Dutch cookbook dated 1514 has a recipe called **Appeltaerten**

*Apple Pie Spicing* in 1514 included cardamom, ginger, cinnamon, nutmeg, cloves and mace.

**Apple Pie** finally made it over the ocean to the colonies in the 17<sup>th</sup> century. Here's a recipe for the **perfect pie crust!**

Check out our Baker Spotlight baking **Apple Pie for All!** and her guide to **Pastry Pizazz!**



**Baking Hack:** You'll love this delicious alternative to apple pie... **Apple Pie Bars**. It's made with a shortbread crust (no rolling required)



Check out this blog post to learn the **best apples for baking!**



# CHOCOLATE Chip Day!

May 15th

Get ready to indulge your sweet tooth because Chocolate Chip Day is just around the corner on May 15th, celebrating the delightful combination of creamy chocolate and crunchy chips in all its delectable glory!

## Cookie Capers

By Marla Prusa, Howells Public Schools, Howells, NE  
2013 National Home Baking Association Educator Award winner,  
with Sharon Davis, FCS Education [www.homebaking.org](http://www.homebaking.org)

### Middle School - Three or Four-Day Lesson

#### National FCS Standards

- 1.2.1 - Analyze potential career choices to determine the knowledge, skills, and attitudes associated with each career.
- 1.2.4 - Demonstrate leadership skills and abilities in school, workplace and community settings.
- 3.5.2 - Design or analyze a consumer product.
- 8.4.3 - Analyze food, equipment, and supplies needed for menus.
- 8.5.1 - Utilize weights and measurement tools to demonstrate knowledge of portion control and proper scaling and measurement techniques.
- 8.5.10 - Prepare breads, baked goods and desserts using safe handling and professional preparation techniques.
- 8.7.5 - Demonstrate sensitivity to diversity and individuals with special needs.
- 9.5.6 - Conduct sensory evaluations of food products.
- 14.4 - Analyze conditions and practices that promote safe food handling.

#### Objectives: Students will...

- Measure ingredients properly
- Explore professional test kitchen cookie baking techniques
- Apply baking science knowledge of temperatures in the cookie baking lab
- Practice reading, halving and doubling recipes
- Select and prepare cookie recipe in 30 min
- Conduct evaluation of product
- Bake cookies to donate at the school and community
- List and apply food safety practices essential for preparing and packaging foods for donation.

#### Lab will address question: What measuring, preparation, portioning and food handling skills are needed to prepare and package cookies?

#### Career Clusters (6 Pathways) Hospitality and Tourism (Restaurants and Food/Beverage Services)

#### FCCLA Connections: STAR Event - Food Innovations Program - Community Service

#### Materials List

- A Baker's Dozen DVD (H) Getting Started: #9 Eggs #13 Creaming, Home Baking Association
- Mozzo Kitchen Math and Measuring DVD
- Download as needed at [www.homebaking.org](http://www.homebaking.org).
- Click on Educator Resources
- "Baking Certificate"
- "Cooking Skills Check List"
- "How to Wash Hands"
- "Keeping Food Safe"
- Download with this lesson: "Cookie Capers Recipe Sheet: Chocolate Chip Cookies," "Cookie Capers Scorecard," and "Tools Lab Planning Sheet"

- Cookbooks/Internet recipe sites
- Measuring cups and spoons
- Electronic scales for portion weight and package net weight
- Mixing bowls and equipment
- Cookie ingredients
- Cookie baking sheets
- Chocolate chip cookie package labels for ingredient and net weight examples
- Bags or containers for storing/delivering cookies
- Optional: A Baker's Dozen Lab Manual, Home Baking Association, p. 199, "Create a Food Label" worksheet and "Tools Lab Planning Sheet", page 2

Home Baking Association - Cookie Capers

[www.homebaking.org](http://www.homebaking.org)

## Cookie Capers

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### High School Lesson

#### National FCS Standards

- 7.1.5 - Demonstrate job acquisition skills to gain work-based learning opportunities and employment in family and community services careers.
- 8.4.3 - Analyze food, equipment, and supplies needed for menus.
- 8.4.3 - Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating and holding of a variety of foods.
- 8.5.10 - Prepare breads, baked goods and desserts using safe handling and professional preparation techniques.
- 9.5.4 - Maintain test kitchen laboratory and related equipment and supplies.
- 9.5.6 - Conduct sensory evaluations of food products.
- 14.4.1 - Analyze conditions and practices that promote safe food handling.

#### Objectives: Students will...

- Review professional test kitchen cookie baking methods and techniques identify the six types of cookies
- List the functions of twenty cookie ingredients
- Select, plan preparation steps, and demonstrate proper measuring and preparation methods for baking cookie recipes
- Demonstrate safe food handling methods for cookie ingredients, raw dough and handling baked cookies for evaluation and gifting
- Apply food label guidelines to package products to donate at the school or in the community
- Prepare clean lab and equipment, and store ingredients and baked goods
- Evaluate cookies and provide one or more suggestions for troubleshooting the problems identified.

#### Essential Questions What are the types of cookies consumers bake and purchase? What are the functions of the ingredients in cookies? What needs to be on a cookie label for safe gifting?

#### Career Clusters (6 Pathways) Hospitality and Tourism (Restaurants and Food/Beverage Services)

#### FCCLA Connections Program - Leaders at Work, Community Service STAR Events - Culinary Arts, Food Innovations

#### Materials List

- "Cookie Capers Types of Cookies" and "Cookie Baking Tips"
- Burned package labels from cookies or cookie dough
- "Cookie Ingredient Functions" worksheet and answer key and the internet 20 cookie ingredients
- "Tools Lab Planner"
- "Cookie Capers Score Card"
- Download "Baking Glossary" - [www.homebaking.org](http://www.homebaking.org)
- "Keeping Food Safe" handout - [www.homebaking.org](http://www.homebaking.org)
- "Cookie Tips - Secrets to Making Perfect Cookies" - [www.homebaking.org](http://www.homebaking.org)
- Tested cookie recipes from cookbooks or Internet
- Cookie ingredients for baking lab
- Dry and flared measuring equipment
- Mixing equipment, bowls, cookie sheet pans

- Electronic scale
- Wet cooling racks
- A Baker's Dozen DVD, Baker's Dozen Labs, Home Baking Association
- Optional Supporting Resources
- A Baker's Dozen DVD ingredient functions and methods and "Cookie Capers Score Card"
- Download PowerPoint "Four to Talk: Cookies," [www.homebaking.org](http://www.homebaking.org)
- Click on Curriculum, Baking Laboratories, Lessons, Section 5
- Click in History "Four-Piece Cookie Chronicles," [www.homebaking.org/cookiechronicles.pdf](http://www.homebaking.org/cookiechronicles.pdf)
- "Cookie Capers" index, [www.homebaking.org](http://www.homebaking.org) in Educator Resources
- Recipes, "Cookie Capers," page 2, [www.homebaking.org/foodeducators/lessonplans.html](http://www.homebaking.org/foodeducators/lessonplans.html)

Home Baking Association - Cookie Capers

[www.homebaking.org](http://www.homebaking.org)



## Cookie Capers Middle School

By Marla Prusa, FCS Teacher, Howells Public Schools, Howells, Nebraska.

Check out this amazing series of lesson plans featuring everything you need to know about baking cookies!

## Cookie Capers High School

What measuring, prep, portioning & food handling skills are needed to prepare and package cookies? Learn more here!



Triple Chocolate Dessert Bread - A must try!

## Cookie Science: More than JUST Cookies!

Lisa Pluff, Baking Science, B.S.  
Family & Consumer Sciences Education, M.S.

Sharon Davis, FCS Education-  
Program Director, Home Baking Association



Strawberry Chocolate Chip Cookies from Domino Sugar are pure magic! Find the recipe here and be prepared to WOW your friends.

# Pizza Party Day!

May 20th

National Pizza Party Day is the perfect excuse to gather with friends and family, share a slice of cheesy goodness, and celebrate the joy of indulging in America's favorite comfort food.

**Read this blog post about National Pizza Party Day!**

**Baking Hack:** Dough should be “rested” or relaxed to roll or press into the pan. Bake pizza in a very hot oven 475°F.

Did you know **Ceresota flour** is the #1 Chicago pizza flour?

Award-winning lesson plan all about **pizza!**

Here are some of our favorite **Pizza recipes** for you to enjoy!

- ▶ **Whole Wheat Crust**
- ▶ **Hellen's Homemade Pizza**
- ▶ **Pizza Crust Perfection!**
- ▶ **Homemade Pizza and Flatbread recipes!**



# Enjoy Fresh STRAWBERRIES in May

Strawberries and Cream Day is May 21st

May heralds the arrival of fresh strawberries; these ruby-red gems are at their peak of ripeness, making it the perfect month to indulge in their sweet, juicy goodness.



Learn how to make this easy recipe for **strawberry lemon curd**. The beautiful silky curd is tart and sweet and the most beautiful color of pink!



Learn about **Danish pastry**, perfect for topping with berries!



This **Strawberry Cream Cheese Shortcake** is a "jiffy" to prepare! You'll find this recipe works with breakfast, lunch, dinner, or all by itself. It's a simple, old fashioned favorite.

**The berry recipe you've been missing:** You simply must try these flaky buttermilk biscuits with strawberries macerated in Domino Golden Sugar topped with sweet whipped cream

# Memorial Day 2024

May 27th



Memorial Day  
**lesson plan ideas**  
from National  
Education  
Association



You can't beat  
this **Strawberry  
Shortcake** recipe!



Honor the veterans at your family or community picnic with this old-fashioned **Cherry Poke Cake**.

Make homemade **Vanilla Ice Cream** to go with your cake!

C&H Sugar doesn't miss a beat with this perfect list of **Memorial Day recipes!**



**Smoked Pork Belly Corn Fritters:** Take your celebration to the next level with this recipe and tutorial from ThermoWorks. They're tender cooked and crispy fried!



These **Jalapeño Cheddar Wheat Hamburger Buns** are sure to be a crowd-pleaser!



## Back-to-School Resources Coming in August Newsletter

Get ready for our August newsletter, packed with everything you need to kickstart the back-to-school season and make the most of those final days of summer! Look forward to:

- ▶ Educational resources for classroom success
- ▶ Recipes for barbecues & family gatherings!
- ▶ Practical tips for baking!

Don't miss out – it's going to be an issue you won't want to miss!

[HOMEBAKING.ORG](http://HOMEBAKING.ORG)

## NEWSLETTER

Home Baking Association Newsletter Archive

Each month we'll provide fresh content produced by baking educators and industry professionals. **Sign up for our newsletter here!**

## Major Announcement Coming Soon

Stay connected with HBA over the next few months as we prepare to announce the winners of the Educator Award and Youth Award competitions.