

CAKE BAKING and ICING MAKING



CAKE

- uses the “cake method” to combine ingredients
- 2 important techniques in the cake method are to
 - cream the sugar and the fat
 - this means to mix until creamy, not to add cream
 - use a spoon, fork or electric mixer
 - alternate adding the dry ingredients and the milk to the creamed mixture
 - that means add and beat in a bit of flour to the creamed mixture and then a bit of milk; continue alternating between dry and wet ingredients until combined
- fill well-greased or paper lined about $\frac{3}{4}$ full
- test for doneness by using
 - the spring test
 - cupcake bounces back when lightly pressed
 - the toothpick test
 - toothpick inserted into cupcake comes out clean or with a dry crumb
- cakes are often high in fat and sugar and should therefore be consumed in moderation

ICING

- icing sugar is a finer than table sugar; it is sometimes called *powdered sugar* or *confectioner's sugar*
- for the “buttercream” recipe that we often use in class
 - cream the icing sugar and butter or margarine first
 - add liquid starting with a small amount and add only *a few milliliters* at a time
 - this is because icing can easily turn soupy and it is then difficult to fix
- putting icing on warm cupcakes will cause the icing to melt
 - it is better to wait for cakes and cupcakes to cool completely before icing them
- icing is mostly sugar
 - too much sugar contributes to dental caries (cavities) and other health issues

