

Name: \_\_\_\_\_

Hour: \_\_\_\_\_

## VIDEO WORKSHEET

# Review: Part One

After watching *Baking Fundamentals: Cookies, Bars, & Cakes*, answer the following questions.

1. Where did the term 'cookie' come from?

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2. What were cookies first used for?

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3. What was the first commercially made cake in the U.S.?

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4. Describe one method for shaping sugar cookies before baking.

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5. How long should you bake sugar cookies?

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6. How long should you let cookies cook before eating?

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7. How are drop cookies made?

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8. How long does cookie dough last in the refrigerator?

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9. Why should you resist the temptation to eat raw cookie dough?

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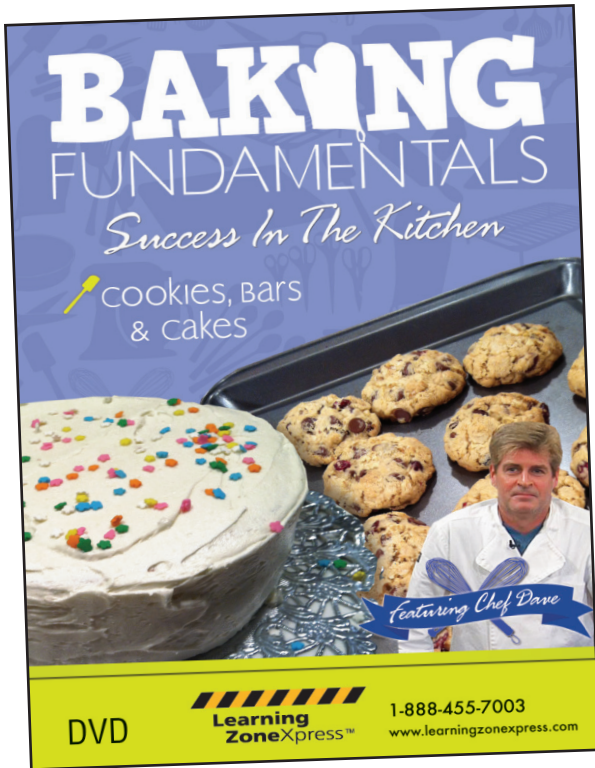
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10. When was the first known recipe for brownies published?

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Name: \_\_\_\_\_

Hour: \_\_\_\_\_

## VIDEO WORKSHEET

## Review: Part Two

After watching *Baking Fundamentals: Cookies, Bars, & Cakes*, answer the following questions.

1. When were packaged cake mixes introduced?

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\_\_\_\_\_

2. What is the suspected origin of red velvet cake?

\_\_\_\_\_

\_\_\_\_\_

3. What are foam cakes? Name three types.

\_\_\_\_\_

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\_\_\_\_\_

4. How long should you bake a sponge cake for?

\_\_\_\_\_

\_\_\_\_\_

5. What's another name for a sponge cake?

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6. Why would you want to double sift flour for a cake?

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7. Why should you fold the egg whites gently into the prepared batter?

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8. Oven temperatures for cakes baked in glass pans should be set \_\_\_\_\_ degrees lower than if a metal pan is used.

9. What's the easiest way to check if a cake is done?

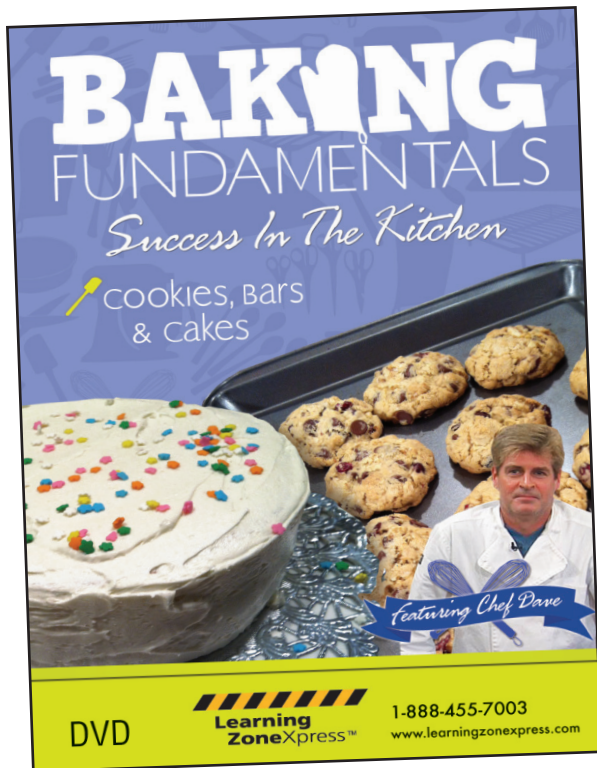
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10. How long should you bake the clafouti?

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# ANSWER KEY

## Review: Part One

After watching *Baking Fundamentals: Cookies, Bars, & Cakes*, answer the following questions.

1. Where did the term 'cookie' come from?

***A medieval Dutch term for 'little cake.'***

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2. What were cookies first used for?

***As a way to test cakes. A small amount of cake batter was baked to test the oven temperature.***

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3. What was the first commercially made cake in the U.S.?

***The first commercially made cookie in the U.S. was the animal cracker, introduced in 1902.***

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4. Describe one method for shaping sugar cookies before baking.

***1. Flat method: Take the bottom of a jar or glass to push down on the cookie dough so that they become flat. Then, if you'd like, sprinkle with some more sugar.***

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***2. Cookie cutter method: Sprinkle flour onto the dough and rolling pin. Roll dough out so that it is 1/8 inch thick. Use cookie cutters to cut out the cookies. Use a spatula to lift away the scrap material and slide the cookies onto the baking sheet.***

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5. How long should you bake sugar cookies?

***5-7 minutes***

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6. How long should you let cookies cook before eating?

***You should wait at least 10 minutes.***

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7. How are drop cookies made?

***Drop cookies are made by dropping or scooping small amounts of cookie dough on a baking sheet.***

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8. How long does cookie dough last in the refrigerator?

***Cookie dough lasts in the refrigerator up to five days.***

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9. Why should you resist the temptation to eat raw cookie dough?

***Because raw cookie dough contains raw eggs.***

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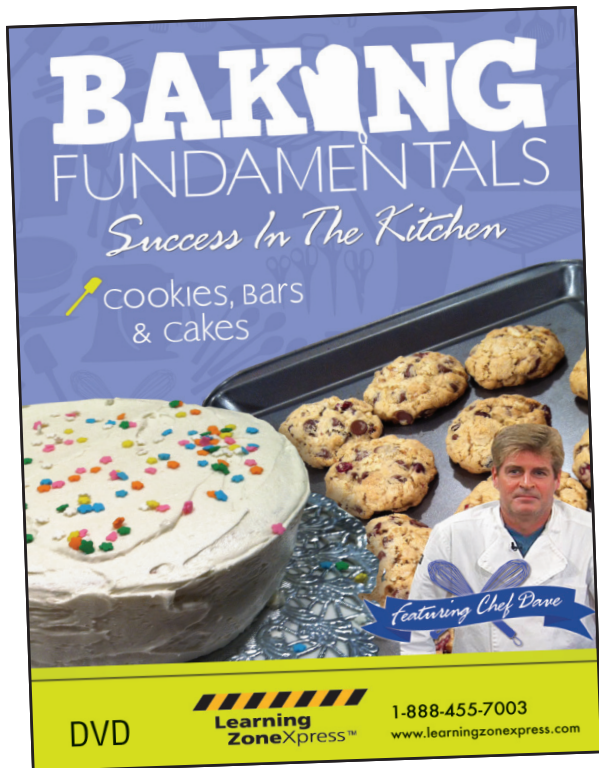
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10. When was the first known recipe for brownies published?

***1897***

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# ANSWER KEY

## Review: Part Two

After watching *Baking Fundamentals: Cookies, Bars, & Cakes*, answer the following questions.

1. When were packaged cake mixes introduced?

***In the 1920s***

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2. What is the suspected origin of red velvet cake?

***New York's Waldorf-Astoria Hotel***

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3. What are foam cakes? Name three types.

***Foam cakes are cakes that don't contain fat.***

***Three types include angel food, sponge, and chiffon cake.***

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4. How long should you bake a sponge cake for?

***About 25 minutes or until it's firm to the touch.***

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5. What's another name for a sponge cake?

***Génoise***

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6. Why would you want to double sift flour for a cake?

***To incorporate air and aerate the flour so that your cake will have a nice, fluffy texture.***

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7. Why should you fold the egg whites gently into the prepared batter?

***To ensure that your cake has lift and a nice light texture. If you do not gently fold the egg whites into the prepared batter, you will take out all of the air in the egg whites.***

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8. Oven temperatures for cakes baked in glass pans should be set     **25**     degrees lower than if a metal pan is used.

9. What's the easiest way to check if a cake is done?

***Insert a toothpick into the center of the cake and it should come out perfectly dry.***

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10. How long should you bake the clafouti?

***35-45 minutes***

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# Baking Fundamentals Recipes

*Cookies, Bars, & Cakes*

## ***Cut-Out Cookies***

¼ c. shortening  
¼ c. butter  
¾ c. sugar  
1 egg  
1 Tbsp. cream  
1 tsp. vanilla  
1 ¼ c. flour  
¼ tsp. baking powder  
¼ tsp. salt

In a mixing bowl, cream together butter, shortening, sugar, and egg. Add cream and vanilla and mix until blended. Sift together the flour, baking powder, and salt in a separate bowl. Add the dry ingredients to the wet ingredients and mix until they're combined. Cover the dough with a sheet of parchment paper or plastic wrap and chill in the refrigerator at least 30 minutes.

Remove dough from refrigerator and transfer to a lightly floured surface. Use a rolling pin to roll the dough to ⅛" thickness. Cut out cookies with cookie cutters and place them on a baking sheet. Bake cookies at 425° for 5-7 minutes or until edges are light golden brown. Cool completely on a wire rack before decorating with frosting, icing, candies or colored sugar.

Dough can also be scooped and shaped into balls, then rolled in granulated sugar and flattened with a drinking glass. Bake at 425° for 5-7 minutes or until edges are light golden brown.

## ***Brownies***

⅓ c. shortening  
1 c. sugar  
2 eggs, beaten  
2 oz. unsweetened chocolate, melted  
¾ c. cake flour  
¼ tsp. salt  
½ tsp. baking powder  
1 tsp. vanilla  
½ c. chopped nuts

In a mixing bowl, cream together shortening and sugar until combined. Add eggs and beat well. Stir in melted chocolate. Add cake flour, salt, and baking powder and beat until smooth. Stir in vanilla and chopped nuts. Pour the brownie batter into greased 8" square baking pan and bake for 35 minutes at 350°.



# Baking Fundamentals Recipes

*Cookies, Bars, & Cakes*

## ***Oatmeal Cranberry Walnut Drop Cookies***

1 c. butter  
1 c. sugar  
1 c. brown sugar  
2 tsp. vanilla  
2 tsp. milk  
2 eggs, lightly beaten  
2 c. flour  
1 tsp. salt  
1 tsp. baking soda  
1 tsp. baking powder  
2 ½ c. old fashioned rolled oats  
1 ½ c. chopped walnuts  
1 ½ c. dried cranberries and currants

In a large mixing bowl, cream butter, sugar, and brown sugar until combined. Add vanilla, milk, and lightly beaten eggs and mix until blended. Add the flour, salt, baking soda, and baking powder to the wet ingredients and mix until combined. Fold in oats, walnuts, and dried cranberries and currants. Scoop dough onto ungreased baking sheet, about an inch apart. Bake cookies at 350° for 10-12 minutes or until edges are golden brown. When cookies are cool enough to handle but still warm, remove them from the pan and cool them on a wire rack. Store in an airtight container.

## ***White Cake***

2 ¼ c. cake flour  
2 ½ tsp. baking powder  
½ tsp. salt  
1 ¼ c. sugar  
½ c. butter  
1 c. milk  
1 tsp. vanilla  
4 egg whites

In a medium bowl, sift together cake flour, baking powder, and salt and set aside. In a mixing bowl, cream together sugar and butter until fluffy. In a separate dish, combine milk and vanilla. Add the sifted ingredients to the butter mixture in three parts, alternating with the liquid combination and stirring until smooth after each addition. In another bowl, whip egg whites until stiff, but not dry. Gently fold egg whites into cake batter. Fill two 9" round cake pans lightly greased with batter. Bake the cakes at 375° for 25 minutes.

# Baking Fundamentals Recipes

*Cookies, Bars, & Cakes*

## ***Rice Krispie Bars***

- 3 Tbsp. butter
- 4 c. miniature marshmallows (or about 40 regular marshmallows)
- 6 c. Rice Krispies cereal

In a microwave safe bowl, heat butter and marshmallows on High for 3 minutes, stirring once after 2 minutes (microwave cooking times may vary). Stir mixture until smooth. Add Rice Krispies cereal and mix until well coated with marshmallow mixture. Using a buttered spatula, press mixture into a 9" x 13" pan. Cool completely before cutting and store tightly covered at room temperature.

## ***Génoise (Sponge Cake)***

- ½ c. cake flour
- ¼ c. cornstarch
- 3 eggs + 3 egg yolks
- ¾ c. sugar

In a bowl, sift together cake flour and cornstarch. In a separate bowl, whisk together eggs and egg whites. Pouring in a steady stream, whisk sugar into beaten egg mixture. Place bowl of pan of simmering water and whisk until egg mixture is lukewarm (take care not to cook the eggs) and remove from heat. Whip the warm egg mixture with an electric mixture until cool and increased in volume. Remove batter from mixer and gently add the flour mixture into the egg mixture in 3 to 4 additions, folding in with a rubber spatula after each addition. Pour cake batters into a prepared 9" springform pan (lightly greased with circle of parchment paper or waxed paper in the bottom) and smooth top with a rubber spatula. Bake cake at 350° for 25 minutes or until well risen and firm to the touch.

## ***Clafouti***

- 1 c. flour
- 1 c. sugar
- 2 tsp. baking powder
- ¼ tsp. salt
- ¾ c. whole milk
- ½ c. melted butter
- 1 tsp. vanilla
- 1 ½ - 2 c. frozen cherries or blueberries

In a medium bowl, whisk together flour, sugar, baking powder, and salt. Add milk and mix until smooth. Add melted butter and vanilla and mix until smooth. Pour batter into an 8" square baking dish. Top evenly with cherries or other frozen fruit.

