



Preparing Cakes, Cookies, and Pastry

Objectives

Improve the quality of cakes, cookies, and pastries served to students.

Improve the variety of cakes, cookies, and pastries served to students.

Improve the appeal of cakes, cookies, and pastries served to students.

Improve the nutrition profile of cakes, cookies, and pastries served to students.

Main Ideas in This Lesson

- Many cake and cookie recipes have been modified to reduce the fat.
- The ingredients in a cake, cookie, or pastry recipe have been carefully balanced to result in a quality product.
- The conventional method is the culinary technique used for cakes and cookies that have a larger amount of fat, like pound cake, brownies, or bar cookies. However, some reduced fat cake recipes also use this method.
- The blending method is the culinary technique used for mixing cakes in which the weight of the sugar is equal to or greater than the weight of the flour. Some examples of cakes made with this culinary technique are yellow cake, carrot cake, and gingerbread.

Preparation for Learning

Review the list of recipes with each Culinary Technique. The recipes are available at:

U.S. Department of Agriculture, Food and Nutrition Service, & National Food Service Management Institute. (2005). *USDA recipes for child care*. University, MS: Author.

Available online: <http://www.nfsmi.org>

U.S. Department of Agriculture, Food and Nutrition Service, & National Food Service Management Institute. (2006). *USDA recipes for schools*. University, MS: Author.

Available online: <http://www.nfsmi.org>

Practice or Application

Prepare one or more of the recipes listed with one of the Culinary Techniques.

Additional Suggestions

Use the training kit, *On the Road to Professional Food Preparation*, to demonstrate correct measuring and weighing of ingredients.

