

After Baking

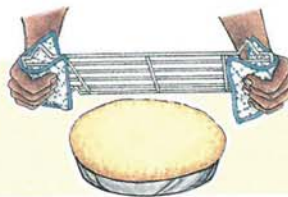
Unshortened cakes, such as angel food cakes, are cooled in the pan. The pan is turned upside down so the cake won't fall.

Most tube pans rest on metal legs when upside down. You can also slip the tube over the neck of an empty bottle.

Shortened cakes are removed from the pan after baking and cooled on a wire rack.

To remove a cake from the pan . . .

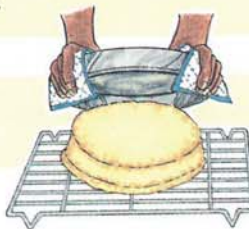
1. Run a spatula around the sides of the pan between the cake and the pan.



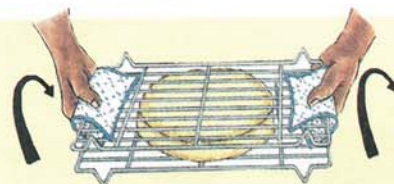
2. Place a wire rack over the top of the cake. Hold the cake and rack securely with pot holders.



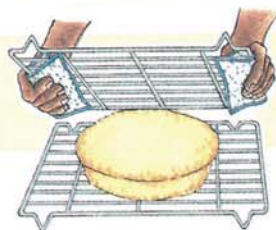
3. Turn the cake and rack upside down. Place the wire rack on a level surface, such as a table or counter.



4. Lift off the cake pan. It should come off easily.



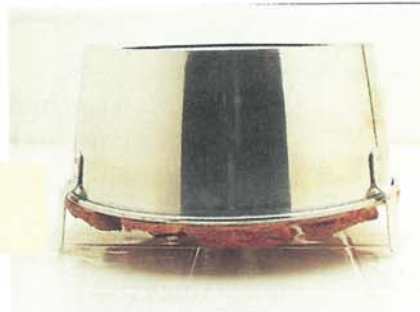
5. The cake is now upside down. Quickly place another wire rack on the cake. Grasp both wire racks with both hands and turn them so the cake layer is right side up.



6. Remove the top wire rack. Allow the cake to cool on the bottom wire rack.

Once the cake has completely cooled, it can be decorated with frosting or powdered sugar. You can also top cake with fresh fruit.

Special, decorated cakes are favorites for birthdays and weddings.



Pies

A pie is a combination of a crust and a flavorful filling.

- ◆ A two-crust pie has a bottom and top crust with a filling in between. Usually a fruit filling, such as apple, is used.
- ◆ A one-crust pie has a bottom crust only. Sometimes the crust is baked first. Then a ready-to-eat filling, such as chocolate pudding, is poured into the baked crust. One-crust pies often have toppings such as whipped cream or meringue (a

mixture of sugar and stiffly beaten egg whites).

- ◆ A deep-dish pie is a fruit pie with only a top crust. Fruit filling is placed in a baking dish, covered with a crust, and baked. The pie is often served hot.



Pies may have one crust or two and a variety of fillings. Can you identify the basic types shown?

No matter what type of pie you're making, it should have an even, tender crust that is nicely browned. The crust should have a delicate, crisp texture. Pastry crusts should be flaky. The filling should be thick, not sticky. The whole pie should have a rich, delicate flavor.

Crusts



The most common pie crust is made from pastry. Pastry is a mixture of flour, fat, cold water, and salt. When mixed properly, the pastry forms flaky layers as it bakes.

If you are making a one-crust pie that doesn't have to be baked, you can use a crumb crust. It can be made from finely crushed graham crackers, gingersnaps, vanilla wafers, or chocolate cookies. The crumbs are mixed with melted butter or margarine and sugar. The mixture is pressed into a pie pan, baked, and cooled. Then the filling is added. You can also buy a ready-to-bake crumb crust.

To make a pastry crust, roll the dough out into a circular shape. Then gently place it in the pie pan.

Fillings

Pie fillings can be made from scratch or prepared from convenience products.

- ◆ Fruit is the most popular filling for pie. You can use fresh, frozen, or canned fruit. Follow recipe directions for sweetening and thickening. Canned fruit pie filling is ready to use.
- ◆ Cream pies have a pudding-type filling. The mixture is poured into a baked pie shell. Packaged mixes for puddings and pie fillings sometimes have to be cooked first. Others are instant mixes.
- ◆ The filling in custard pies contains eggs and milk. They are baked with the crust.
- ◆ Chiffon pies are made with gelatin and flavored with fruit. Beaten egg whites make the pie lighter.



Making homemade pie goes more quickly with the help of a friend or family member. One person can make the crust while the other prepares the filling.



Microwave Methods

Some types of cookies, cakes, and pies can be prepared in the microwave oven. Remember that microwaving differs from conventional baking. Recipes developed for microwave use should give good results if you follow directions carefully.

Bar cookies and shortened cakes adapt well to microwaving. Some can be mixed and microwaved in the same dish. For best results, use a microwave-safe round pan or ring mold. If you use a pan with corners, the batter in the corners will cook faster. Those parts may get hard and dry.

To microwave a one-crust pie, precook the crust before adding the filling. Otherwise, the crust will not be done. Two-crust pies should be baked in a conventional oven.

Microwave Hints

- Microwave cookies until they are set. When done, they look dry.
- For cakes and pies, use the tests for doneness given in the recipe. Standing time may be needed to complete the cooking.

Microwaved products will not brown. To make up for the lack of browning, you might choose recipes that are a dark color, such as chocolate cookies or spice cake. You can also top foods with chopped nuts, frosting, or a sprinkling of cinnamon and sugar. Try adding yellow food coloring to the water when mixing pie crust. You can also microwave the crust, then broil in a conventional oven until lightly browned.



Toppings can help make microwaved cakes look more like conventionally baked ones.

Chapter 40 Review

Check the Facts

1. Give three suggestions for fitting cookies, cakes, and pies into a healthful eating plan.
2. Name at least three convenience products that can be used in making baked treats.
3. How should pies and cream-filled cakes be stored? Why?
4. What are the six basic types of cookies?
5. Name three guidelines to follow in placing cookies on the baking sheet.
6. Identify three differences between shortened and unshortened cakes.
7. What are two ways to test a cake for doneness?
8. What ingredients are used in pastry pie crust?
9. Name two ways to add color to microwaved cookies, cakes, or pies.

Ideas in Action

1. Brainstorm ways to make cookies, cakes, and pies more nutritious.
2. Debate the use of cookies, cakes, and pies as a regular part of your food plan. What are the pros and cons? What are some ways to compromise on this issue?
3. In a cookbook, find two recipes for shortened cakes and two for unshortened cakes. Compare ingredients, mixing methods, and baking instructions. What conclusions can you draw?
4. Demonstrate how to remove a cake layer from the pan. You may want to use a folded towel in the pan in place of the cake.
5. Using cookbooks or other sources, find examples of the different kinds of cookies and pies mentioned in this chapter.

Recipe Focus

1. Read the recipe for "Carrot Drops." If you wanted to make eight dozen cookies, how much would you need of each ingredient?
2. How would you test these cookies for doneness?

Carrot Drops

Customary	Ingredients	Metric
2 cups	Sifted, all-purpose flour	500 mL
2 tsp.	Baking powder	10 mL
¾ cup	Butter or margarine	175 mL
¾ cup	Sugar	175 mL
1	Egg	1
7½ oz. jar	Junior baby food carrots*	215-g jar
¾ cup	Chopped walnuts	175 mL
1 Tbsp.	Grated orange rind	15 mL
1 Tbsp.	Orange juice	15 mL
1 tsp.	Vanilla	5 mL



*You may substitute 1 cup (250 mL) cooked, mashed carrots.

Yield: About 4 dozen cookies

Directions

Pan: Cookie sheets

Temperature: 350°F (180°C)

1. **Preheat** oven to 350°F (180°C).
2. **Sift** together flour and baking powder. Set aside.
3. **Cream** butter or margarine and sugar together in a large bowl.
4. **Add** the egg to creamed mixture and beat until light and fluffy.
5. **Add** carrots, walnuts, orange rind, orange juice, and vanilla to creamed mixture. Mix well.
6. **Blend** in dry ingredients.
7. **Drop** by teaspoonfuls onto ungreased cookie sheets. Space about 2 in. (5 cm) apart.
8. **Bake** in preheated oven for 13 to 15 minutes.
9. **Remove** cookies from cookie sheet and cool on wire rack.
10. **Frost** with Orange Glaze when cool.

Orange Glaze

Customary	Ingredients	Metric
1 cup	Confectioner's sugar	250 mL
2 Tbsp.	Orange juice	30 mL

Directions

1. **Combine** sugar and orange juice.
2. **Use** as glaze on cookies.

Nutrition Information

Per cookie (approximate): 70 calories, 1 g protein, 8 g carbohydrate, 4 g fat, 12 mg cholesterol, 50 mg sodium
Good source of: vitamin A