**10 Baking Basics #1** Food, Nutrition & Wellness Chapter 32 & 34 /96 **Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

1. What are the 8 basic ingredients in baked products and briefly describe their function in baked products (16)
	1.
	2.
	3.
	4.
	5.
	6.
	7.
2. Describe the difference between batter and dough (2).
3. What are the three common leavening agents in baked goods? (3)
4. Why is it important to use the correct size pan? (2)
5. Why is it important to use the correct oven temperature? (2)
6. Explain the difference between Quick Breads and Yeast Breads. (2) Give an example of each type of bread (2).
7. What are the three steps of the muffin method? (3)
8. What are the three steps of the biscuit method? (3)
9. What are the 6 types of cookies – give a brief description of each and an example. (18)
	1.
	2.
	3.
	4.
	5.
	6.
10. What are the 3 types of cakes? (3)
11. A shortened cake contains \_\_\_\_\_\_\_. They are leavened with \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_ \_\_\_\_\_\_\_. A foam cakes is leavened from the air from beating \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_. A \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ is a cross between a shortened and foam cake. It is leavened with beaten \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_. (7)
12. A \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ are baked in round square or rectangle pans. A \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ is baked in a \_\_\_\_\_\_\_\_\_ pan. (3)
13. What does a quality cake look like? (3)
14. Describe how you know when a cake is done. (1)

**Read the following statements about cookies. Write TRUE or FALSE for each statement. (12)**

1. \_\_\_\_\_\_\_\_ All cookies contain similar ingredients. How cookies are shaped makes the different kinds.
2. \_\_\_\_\_\_\_\_ Rolled cookies are made from stiff dough.
3. \_\_\_\_\_\_\_\_ Foam cakes are cooled in the pan and then flipped upside down.
4. \_\_\_\_\_\_\_\_ Most cookies contain more fat and sugar and less liquid than cakes.
5. \_\_\_\_\_\_\_\_Cookie sheets should be hot when cookies are placed on them for baking.
6. \_\_\_\_\_\_\_\_ Store crisp cookies in a container with a tight fitting cover.
7. \_\_\_\_\_\_\_\_Shortened cakes should be cooled for 1-2 minutes and then removed from pan immediately.
8. \_\_\_\_\_\_\_\_ Most cookies freeze well.
9. \_\_\_\_\_\_\_\_ Grease the pan for a foam cakes.
10. \_\_\_\_\_\_\_\_ The tube in the tube pan helps bake the cake evenly.
11. \_\_\_\_\_\_\_\_ Test refrigerator & bar cookies doneness by pressing lightly with your finger & the imprint should show lightly.
12. \_\_\_\_\_\_\_\_ You can substitute applesauce for up to half of the butter in baking for a healthier recipe.
13. The fat in this recipe is \_\_\_\_\_\_\_\_\_\_\_\_\_. (1)
14. The sweetener(s) in the recipe is/are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (1)
15. The leavening agent is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (1)
16. What ingredients fit in the “other category” for baked goods? (3)
17. Which ingredient other than fat helps make baked goods tender? \_\_\_\_\_\_\_\_\_\_\_\_\_(1)
18. What would happen if you spaced the cookie dough only 1 inch apart. (2)
19. Once the cookies are baked – what should you do? (2)
20. How many cookies does this recipe make? \_\_\_\_\_\_\_\_\_\_\_ (1)
21. If you decide to make 24 cookies instead – how will this affect the recipe?? (2)