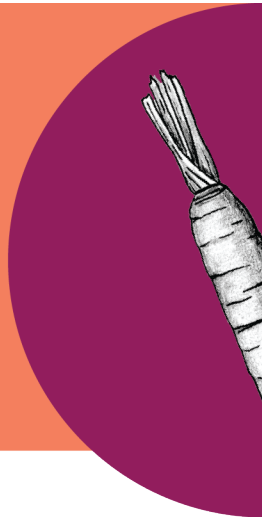


THE **EDIBLE**  
**SCHOOLYARD**  
PROJECT



## HOW TO: BASIC BAKING METHODS

**Student Name:**

---

**Summary:** Do you want to bake with confidence, like the professionals on TV? Do you want to make soft, chewy cookies and flaky, tender biscuits? Baking techniques are key to achieving the right textures and flavors in baked goods. This lesson will introduce you to a few key skills, including measuring wet and dry ingredients, creaming butter and sugar, and folding to mix gently.

**Time:** 30 minutes

**Vocabulary:**

- **Precise recipe:** A recipe that is exact, not easily changed.

**WATCH:** View the [Basic Baking Methods](https://vimeo.com/476353215) video at <https://vimeo.com/476353215> to learn basic baking techniques.



## HOW TO: BASIC BAKING METHODS

**REFLECT:** Answer the following questions:

- Are you familiar with any of the techniques in the video?
- Do you already use any of the techniques in the video?
- Do you have any questions about the techniques and methods shown in the video?

**READ:** Here are a few facts that help explain why the tips and tricks in the video are important!

- A packed cup of flour can weigh more than 6 ounces, while a loose or sifted cup of flour weighs around 4 ounces. That means a packed cup can be 50% more flour. Using a packed cup of flour would drastically change the ratio of ingredients and change the final product. Recipes are written assuming that you'll have 4 to 4 ½ ounces per cup of flour.
- Whisking dry ingredients together helps avoid clumps of baking powder or baking soda. Biting into a clump of either could ruin your experience eating a baked good, as both tastes very bitter.
- Creaming butter and sugar helps to trap air bubbles in the mixture which makes cookies taller and fluffier.
- Folding wet and dry ingredients together gently avoids overdeveloping gluten, an important protein in wheat flour. Mixing causes gluten to change in structure, making it tougher and chewier. Bread recipes often involve lots of mixing and kneading to develop gluten so that the bread has a firm, chewy texture. Cookie, cake, and biscuit recipes often call for gentle folding when mixing to keep soft, tender, and flaky textures.



# HOW TO: BASIC BAKING METHODS

**READ:** Baking involves precise measuring. Review the [Kitchen Measurement Visual](#) to see the various measurements, name abbreviations, and conversions between them. You may want to print this visual out and keep it in the kitchen to refer to when baking.

Your next lesson will have you practice all these skills as you make [Seasonal Fruit Muffins](#).

**SHARE:** Share with your classmates or family members what you learned!

## **Student Notes:**

You can extend this activity and learn more with the following activities:

- Check out our [How to Read a Recipe](#) lesson if you want to learn more about reading recipes.
- In this lesson we are practicing measuring ingredients by volume (how much space they take up). A more precise way of measuring is by weight (how much of it there really is). Most pastry professionals and bread bakers measure by weight. You can read more about measuring by weight and why it is more accurate in [this article from Serious Eats](#).

**Teacher Notes:**

- If students are completing this lesson as part of the kitchen curriculum, [Cooking with Curiosity: Challenging Perfection with Reflection](#) this lesson is 3.9, the ninth lesson of Unit 3.
- Measurements and unit conversions are rich with opportunities for math problems. You can develop worksheets and problems in which students need to convert recipes from one measurement to another or even re-scale an entire recipe to adjust for a mistake in measuring.
- For sections that instruct students to READ, you can record yourself reading aloud and send it to students. Direct them to read along with the recording. This is a helpful strategy for differentiating learning that supports all students, especially English Language Learners.

**References:**

Jones, N. (2015, March 6) The Best and Most Accurate Way to Measure Wet and Dry Ingredients for Baking. *Serious Eats*. Retrieved from <https://www.serious-eats.com/2015/03/how-to-measure-wet-dry-ingredients-for-baking-accurately-best-method.html#mass>

Disclaimer: All videos and references are used for educational purposes only. The Edible Schoolyard Project does not endorse any brands, labels, organizations, or businesses included in videos or references.