



HOME FOOD & NUTRITION AWARD



PROJECT: BAKING

GOALS

- A. BAKING PREPARATION:** Identify 3 **baking** measurements and 2 **baking** terms.
 - B. BAKING CHALLENGE:** Complete 1 recipe with adult supervision.
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A. BAKING PREPARATION

Supplies Checklist

- Mixing bowls
- Measuring cups & spoons
- Cupcake tin with 12 cups
- Cupcake liners
- Spoons
- Spatulas
- Electric mixer or hand beater
- Timer
- Oven mitts
- Apron

Baking Measurements (Identify 3.)

- tsp., t = teaspoon
- tbsp., T, = tablespoon
- c, C = cup
- oz = ounce
- lb = pound

Baking Terms (Identify 3.)

- Beat*—To stir fast with a spoon, fork, whisk or electric mixer.
- Mix*—To combine ingredients and blend them together.
- Chop*—To cut into small pieces.
- Rise*—To let yeast grow in uncooked bread dough.

BAKING TIPS

- Gather all your ingredients
- Recruit a family member to help chop.
- Use oven mitts when placing anything in the oven.
- Remember to preheat the oven!
- Never leave your cooking unattended. You don't want it to burn!
- Clean as you go—this will save you space on the counter and then you can just enjoy your meal when you are done.
- Always ask for adult help with the stove, oven, and anything sharp.

B. BAKING CHALLENGE

Option 1—Raspberry Muffins *Adapted from Raspberry Muffins by Angela Wilkes*

Prep: Preheat the oven to 400°F and line a cupcake tin with liners.

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|---|--|
| <input type="checkbox"/> 2 cups all-purpose flour | <input type="checkbox"/> 1/2 cup melted butter |
| <input type="checkbox"/> pinch of salt | <input type="checkbox"/> 1 cup milk |
| <input type="checkbox"/> 1 T baking powder | <input type="checkbox"/> 1/2 cup white or dark chocolate chips |
| <input type="checkbox"/> 2 eggs | <input type="checkbox"/> 1 cup raspberries (fresh or frozen) |
| <input type="checkbox"/> 1/2 cup sugar | |

Baking Steps

- In a bowl, mix together the all-purpose flour, salt, and baking powder.
- In a separate bowl, beat the eggs, then add the sugar, melted butter, and milk.
- Pour the flour mixture from the first bowl over the top then mix together.
- Add white chocolate chips and raspberries to the mixture (*Variation:* use a different berry or dark chocolate chips).
- Use a spoon to add the mixture to the muffin liners, filling each one two-thirds full.
- Bake at 400°F for 25 minutes until they rise and are light brown. Let them cool and enjoy!
- Makes 12 muffins.

Option 2—Mini Chocolate Chip Blondie's *Adapted from Mini Chocolate Chip Blondie's by Julies Negrin*

Prep: Preheat the oven to 375°F. Grease an 8" x 8" pan using cooking spray or butter.

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|--|--|
| <input type="checkbox"/> 1/2 cup butter | <input type="checkbox"/> 2 1/4 cup all-purpose flour |
| <input type="checkbox"/> 3/4 cup sugar | <input type="checkbox"/> 1/2 t sea salt |
| <input type="checkbox"/> 2 eggs | <input type="checkbox"/> 1 t baking soda |
| <input type="checkbox"/> 1 t vanilla | <input type="checkbox"/> 1 1/3 cups chocolate chips |
| <input type="checkbox"/> 3/4 cup brown sugar | |

Baking Steps

- In a bowl with an electric mixer, beat the softened butter and sugar together at a medium speed.
- Add eggs, vanilla extract, and brown sugar. Continue mixing until creamy.
- In a separate bowl, mix the all-purpose flour, sea salt, and baking soda.
- Turn the mixer to low and then add the flour mixture. Mix well.
- Add the chocolate chips and mix for one minute
- Use a spatula to spread the dough across the bottom of your 8" x 8" greased pan.
- Bake at 375°F for 18-20 minutes until brown.
- Insert a toothpick to see if your cookies are done—if the toothpick comes out clean, then they are done!
- Let them cool, then cut into squares.



Option 3—Totally from Scratch Biscuits *Adapted from Totally from Scratch Biscuits by Emeril Lagasse*

Prep: Preheat oven to 475°F and gather baking sheet, spatula, small saucepan, measuring items and ingredients.

- | | |
|--|--|
| <input type="checkbox"/> 2 1/4 cups of all-purpose flour | <input type="checkbox"/> 1 t salt |
| <input type="checkbox"/> 1 T sugar | <input type="checkbox"/> 4 T (1/2 stick) unsalted butter |
| <input type="checkbox"/> 3 t baking powder | <input type="checkbox"/> 1 1/4 cups heavy cream |
| <input type="checkbox"/> 1/8 t baking soda | |

Baking Steps

- Combine the all-purpose flour, sugar, baking powder, baking soda, and salt in a medium mixing bowl.
- Use 1/2 stick (4 TB) of cold unsalted butter. Work the cold butter into the flour with a fork until there are lumps no bigger than a pea.
- Add the heavy cream. Using your hands or a spatula, stir until the cream and flour come together and make dough.
- Sprinkle some all-purpose flour on a flat surface or cutting board. Place the dough on top of the flour and flatten into a flat 1/2-inch thick disk.
- Using a round cookie cutter or jar lid, cut the dough into round circles that are about 3 inches wide. Re-gather scraps and form into a 1/2-inch flat dough and keep cutting additional biscuits. Place biscuits on a baking dish. Melt 1/2 a stick of butter and brush or drizzle butter on the tops of each biscuit.
- Bake at 475°F for 10-12 minutes and remove from oven and let cool.
- Makes 8 biscuits.

RESEARCH MORE

- “Children’s Quick & Easy Cookbook” by Angela Wilkes (Raspberry Muffins p. 82)
- “Easy Meals to Cook with Kids” by Julies Negrin. M.S., C.N (Mini Chocolate Chip Blondie’s, p. 114)
- “There’s a Chef in My Family” by Emeril Lagasse, Food Network (Totally from Scratch Biscuits, p. 30)
- “The Mayo Clinic Kid’s Cookbook” by Good Books publisher
- Search “Cooking with Kids” on the Internet to find food blogs and web sites

My child has successfully completed the Project Goals for the topic—Baking.

Adult Signature: _____ Date: _____

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