## INTRODUCTION

## Cake is a form of sweet dessert that is typically baked. In its oldest forms, cakes were modifications of breads, but cakes now cover a wide range of preparations that can be simple or elaborate, and that share features with other desserts such as pastries, meringues, custards, and pies. Typical cake ingredients are flour, sugar, eggs, butter or oil or margarine, a liquid, and leavening agents, such as baking soda or baking powder. Common additional ingredients and flavorings include dried, candied, or fresh fruit, nuts, cocoa, and extracts such as vanilla, with numerous substitutions for the primary ingredients. Cakes can also be filled with fruit preserves, nuts or dessert sauces (like pastry cream), iced with butter cream or other icings, and decorated with marzipan, piped borders, or candied fruit. Cake is often served as a celebratory dish on ceremonial occasions, such as weddings, anniversaries, and birthdays. There are countless cake recipes; some are bread-like, some are rich and elaborate, and many are centuries old. Cake making is no longer a complicated procedure; while at one time considerable labor went into cake making (particularly the whisking of egg foams), baking equipment and directions have been simplified so that even the most amateur cook may bake a cake. Are cakes described in the Bible? What is the history of cakes? Were they consumed in Biblical times? What is their composition? What ingredients are used? What are the characteristics that indicate quality? What are the formulations? What are the rheological, micro-structure and baking properties of cakes and batter? How can improvements to the texture and sensory properties of baked items be achieved? What are gluten free cakes? Rice cakes? How is fat reduction performed? Are alternative sweeteners used.

## THE BIBLICAL DESCRIPTION

## When Abraham saw three guests: "…he ran to meet them, from the tent door, and bowed himself towards the ground" (Genesis 18:2). Here "And Abraham hastened into the tent unto Sarah, and said, Make ready quickly three measures and fine meal, knead it, and make cakes upon the hearth" (18:6).

## HISTORY

## The term "cake" has a long history. The word itself is of Viking origin, from the Old Norse word "kaka". The ancient Greeks called cake (plakous), which was derived from the word for "flat" (plakoeis). It was baked using flour mixed with eggs, milk, nuts and honey. They also had a cake called "satura", which was a flat heavy cake. During the Roman period, the name for cake became "placenta" which was derived from the Greek term. A placenta was baked on a pastry base or inside a pastry case. The Greeks invented beer as a livener, frying fritters in olive oil, and cheesecakes using goat's milk. In ancient Rome, basic bread dough was sometimes enriched with butter, eggs, and honey, which produced a sweet and cake-like baked good. The ancient Egyptians were the first culture to show evidence of advanced baking skills. But, the first cakes were very different from the moist chocolate cake we are familiar with today. Then they were more bread-like, sweetened with honey, and nuts and dried fruits were often added. In fact, in early Europe, the words for cake and bread were virtually interchangeable; the only distinction was that cakes were sweet while bread was not. The English word for "cake" traces back to the 13th century. It is derived from an Old Norse word, "kaka". Chen & al. analyzed starch grain, phytolith and cereal bran fragments in order to identify the food remains including cakes, dumplings, as well as porridge unearthed at the Astana Cemeteries in Turpan of Xinjiang, China. The results suggest that the cakes were made from Triticum aestivum while the dumplings were made from Triticum aestivum, along with Setaria italica. The ingredients of the porridge remain emanated from Panicum miliaceum. Direct macrobotantical evidence of the utilization of six cereal crops, such as Triticum aestivum, Hordeum vulgare var. coeleste, Panicum miliaceum, Setaria italica, Cannabis sativa, and Oryza sativa in the Turpan region during the Jin and Tang dynasties (about 3(rd) to 9(th) centuries) is also presented. All of these cereal crops not only provided food for the survival of the indigenous people, but also spiced up their daily life. It was sometime in the mid-17th century that the forerunners of modern cakes (round ones with icing) were first baked in Europe. At that time, cake hoops - round molds for shaping cakes were placed on flat baking trays - became popular, but only among the well-to-do. In the middle of the 19th century, the practice of eating cake on a regular basis by "average people" became attainable thanks to the Industrial Revolution. Baking ingredients and tools became more affordable and more readily available to home bakers. The introduction of modern leavening agents (baking soda & powder), the supply of cheaper ingredient substitutions (corn syrup for sugar; margarine for butter), and the production of more reliable ovens made it increasingly possible for the middle-class to enjoy this confection by the late 1800s. Because of this, a plethora of simple cake recipes began to show up in cookbooks. Early cakes in England were also essentially bread: the most obvious differences between a "cake" and "bread" were the round, flat shape of the cakes, and the cooking method, which turned cakes over once while cooking, while bread was left upright throughout the baking process. Sponge cakes, leavened with beaten eggs, originated during the Renaissance, possibly in Spain. The first frosting for cake was usually a boiled combination of the finest available sugar, egg whites, and (occasionally) flavorings. This "icing" was poured on the cake and then the cake was returned to the oven for a short time. After the cake was removed, the icing cooled quickly and formed a hard, glossy coating. In the first few decades of the 20th century, buttercream frostings (which use butter, cream, powdered sugar, and flavorings) began supplanting conventional boiled icings. Presently, cake recipes, frosting and decoration has taken a different dimension in this 21st century.

## CHARACTERISTICS

## Cakes are broadly divided into several categories, based primarily on ingredients and mixing techniques. Although clear examples of the difference between cake and bread are easy to find, the precise classification has always been elusive. Thus, banana bread may be properly considered either a quick bread or a cake. Butter cakes are made from creamed butter, sugar, eggs, and flour. They rely on the combination of butter and sugar beaten for an extended time to incorporate air into the batter. A classic pound cake is made with a pound each of butter, sugar, eggs, and flour. Baking powder is in many butter cakes, such as Victoria sponge. The ingredients are sometimes mixed without creaming the butter, using recipes for simple and quick cakes. Sponge cakes (or foam cakes) are made from whipped eggs, sugar, and flour. They rely primarily on trapped air in a protein matrix (generally of beaten eggs) to provide leavening, sometimes with a bit of baking powder or other chemical leaven added as insurance. Sponge cakes are thought to be the oldest cakes made without yeast. An angel food cake is a white sponge cake that uses only the whites of the eggs and is traditionally baked in a tube pan. The French Génoise is a sponge cake that includes clarified butter. Highly decorated sponge cakes with lavish toppings are sometimes called gateau; the French word for cake. Chiffon cakes are sponge cakes with vegetable oil, which adds moistness. Chocolate cakes are butter cakes, sponge cakes, or other cakes flavored with melted chocolate or cocoa powder. German chocolate cake is a variety of chocolate cake. Fudge cakes are chocolate cakes that contain fudge. Coffee cake is generally thought of as a cake to serve with coffee or tea at breakfast or at a coffee break. Some types use yeast as a leavening agent while others use baking soda or baking powder. These cakes often have a crumb topping called streusel or a light glaze drizzle. Baked flourless cakes include baked cheese cakes and flourless chocolate cakes. Cheesecakes, despite their name, aren't really cakes at all. Cheesecakes are in fact custard pies, with a filling made mostly of some form of cheese (often cream cheese, mascarpone, ricotta, or the like), and have very little flour added, although a flour-based or graham cracker crust may be used. Cheesecakes are also very old, with evidence of honey-sweetened cakes dating back to ancient Greece. Butter or oil layer cakes include most of the traditional cakes used as birthday cakes, etc., and those sold as packaged cakes. Baking powder or bicarbonate of soda are used to provide both lift and a moist texture. Many flavorings and ingredients may be added; examples include devil's food cake, carrot cake, and banana bread. Yeast cakes are the oldest and are very similar to yeast breads. Such cakes are often very traditional in form, and include such pastries as babka and stollen. Some varieties of cake are widely available in the form of cake mixes, wherein some of the ingredients (usually flour, sugar, flavoring, baking powder, and sometimes some form of fat) are premixed, and the cook needs add only a few extra ingredients, usually eggs, water, and sometimes vegetable oil or butter. While the diversity of represented styles is limited, cake mixes do provide an easy and readily available homemade option for cooks who are not accomplished bakers. Cakes may be classified according to the occasion for which they are intended. For example, wedding cakes, birthday cakes, cakes for first communion, Christmas cakes, Halloween cakes, and Passover plava (a type of sponge cake sometimes made with matzo meal) are all identified primarily according to the celebration they are intended to accompany.

## INGREDIENTS

## The ingredients used to make shortened (butter) and unshorten (foam) cakes differ. However, the goal is always to the same: to create great cake recipes through a delicate balance of its ingredients - making sure they have the strength to hold the recipe together, but still create a tender, moist and flavorful cake. Different mixing methods also result in different cakes, as do the type of pans used and their treatment, timing, temperature, baking, cooling and storage. Afterwards, cakes can be filled, frosted or glazed and decorated. Decorated cakes include wedding cakes. A cake's structure is created mainly from the combination of the flour's starches, by the proteins in whole eggs, egg whites, and/or in milk. The melt-in-his/her-mouth texture comes from tiny air holes left in the cake's structure, created through mixing, serving as nuclei and enlarged through the carbon dioxide gas from the chemical leaveners, heat and /or steam during baking. The sugar and fat in the recipe, as well as any acids, tenderize the cake, as well; they interfere with gluten formation and egg protein coagulation, interrupting the network of gelated starch. But, if the recipe is unbalanced, for example, if there's too much sugar and fat, the cake's structure is weakened so much it cannot support its own weight and will collapse. Too much flour and too many eggs may make the cake tough and/or dry. Overall, the flour mixtures that produce cakes and cookies are very similar to those used to make breads, although they are sweeter and often have added flavorings not typically used in breads. Cakes have a higher proportion of sugar, milk and fat to flour than do breads, and the flour used is usually cake flour.

## WHEAT FLOUR.

## The vast majority of cakes - with the exception of cheesecakes, foam cakes and gluten-free cakes – contain wheat flour as very backbone of their composition. It establishes the crumb structure in cakes and is used to bind all of the other ingredients together during the cake making process. Wheat flour contains two very important proteins, glutenin and gliadin, when mixed with moisture and stirred, create its structural network. The flour's starches gelatinize or set when baked. The bad part about gluten is that too much - from too much mixing or using the wrong type of flour - creates a tough, dry and flavorless cake. It is gluten from the wheat flour that gives dough its strength and elasticity – qualities that are wanted in yeast breads, but not in cakes. To help prevent this, he/she may see cake recipes especially high ratio ones, typically made with chlorinated soft wheat flours, such as bleached cake flour, a potentially containing low-gluten forming proteins. High ratio cakes are where the sugar is higher than the flour level, by weight. Other lower gluten flour types include Southern bleached all-purpose and pastry flour. Soft wheat flours are generally low in water absorption and do not require harsh mixing or a long mix time.

## THREE FORMULAS FOR HIGH-RATIO CAKES

## There are three formulas for preparing the sweeter high ratio cakes that contain more sugar than flour, by weight. Following these ingredient proportions will ensure a high-ratio cake that is not too dry or too moist: 1. The sugar should weigh the same or slightly more than the flour. It is the weight and NOT the volume that counts. 2. Eggs should weigh almost as much as or slightly more than the fat. 3. The liquid ingredients (including eggs), should weigh the same as or more than the sugar. High ratio cakes are mixed using the High Ratio or Two Step Mixing Method. Chlorination of cake flour provides two great benefits. First is bleaching, which gives a whiter crumb color to cakes but second and more importantly it lowers the gelatinization temperature of the starch within the cake flour. This makes it possible for the cake to set faster and therefore reduces the loss of leavening during baking. Bleaching also gives the cake flour the ability to carry more sugar and fat (as well as water), without their tenderizing (collapsing) effects, balancing the recipe

## SWEETENERS

## We typically think of sugar's role in a cake recipe to add sweetness, but it also plays other important roles depending upon whether it is in the crystalline (granulated white or brown) or liquid form (honey or corn syrup). All sugar acts as a tenderizer by preventing the wheat flour proteins from forming an excessive amount of gluten. It does this because sugar is hygroscopic, another word for its ability to absorb or attract moisture from the air, and dissolve readily in it (honey and some liquid sugars are more hygroscopic than crystalline sugar). By doing so, sugar essentially absorbs available water in the recipe, until saturated, leaving the rest for the wheat’s available gluten forming proteins. Gluten is formed when the wheat flour proteins are moistened and agitated or mixed; the higher the flour’s gluten-forming potential, the more available water or liquid and the more mixing (agitation) that takes place and the less tenderizers, such as sugar and fat, (and the warmer the ingredients), the more gluten is formed. Because sugar is also a hygroscopic substance, it helps with a recipe's moisture retention and thus increases its shelf life by slowing the staling process. Sugar also tenderizes by slowing down the coagulation of the egg white and milk proteins, as well, that also contribute to structure of the cake when baked. Crystalline sugar plays an important role by incorporating air into the batter for leavening when beaten with solid, plastic fat, such as stick butter or margarine or solid shortening, called “creaming” (only when the fat is at an optimal temperature). Sugar plays an important role with the lubrication of other ingredients in the recipe, when molten, and with crust color. Increasing sugar in a cake recipe will raise the gelatinization temperature of the starches in the wheat flour and thus will increase expansion time, so care must be taken in its ratio to the other ingredients; too much can cause a cake's structure to fail or the cake may be so tenderized that it crumbles when cut rather than staying in slices (a warm cake will also cause crumbling). When the sugar is reduced too much, the gluten structure is so strong that the cake develops some long cells or tunnels. Overall volume may even increase, but the cake would be tough. Other types of sugars used in the cakes include dextrose and brown sugar. Also syrups such as invert sugar, corn syrup, glucose, molasses, honey or refiner's syrups are used either for the particular flavor they impart or as a moisture retaining capabilities in cakes. When using these sweetener varieties he/she must be aware that some do not have the same sweetness as granulated sugar (sucrose) and do contain various levels of water. Sugars of any kind when used in cakes tend to soften the batter and make it thinner, and they need to be included as liquids. Fine granulated sugar, also known as superfine sugar is used to help create the finest texture and maximum volume in a cake. Sugar can stand in for fat and is often added to commercial low-fat products or recipes.

## FATS

## . There are two types of fat used in cake baking: solid and liquid. The primary function of solid fat, also known as plastic fat, such as solid shortening, stick butter or margarine, is to incorporate air bubbles into its malleable mass for volume. This is done through creaming, or beating the fat with crystalline sugar, also known as white granulated or brown sugar (white granulated sugar combined with molasses). But, it can only be done successfully if the right ingredients, ratios, mixing times and temperature, and using the proper tools are followed. This makes fat a great tenderizer; expanding air cells help lift the cake's batter during baking, resulting in eventual cake tenderness. They are also known as shorteners; they also shorten the length of the gluten strands when the flour is stirred with that moisture. Fats also tenderize by readily coating the flour proteins like a raincoat, during mixing, preventing moisture from reaching them, helping to reduce their gluten forming potential. Fat is also a good tenderizer because it slows down the coagulation of the egg, flour and milk proteins that set the structure of the cake when baked. As the fat level in a cake goes up, more eggs are required to emulsify the fat. Eggs also add structure and thus increase the volume depending on the part of the egg used, if it is beaten and when it is added to the recipe; sometimes less flour and chemical leavening agents, such as baking soda or baking powder, is needed. Fat is a lubricator. It coats the flour particles so the elastic formation slows down; it makes the gluten strands slippery so the gas bubbles can move easily; and it gives the final cake recipe a finer grain. It also lubricates other ingredients, allowing them to mix and disperse more readily and for the cake to rise more readily. Similarly, fat lubricates the inside of his/her mouth, giving the perception that a high fat cake is especially moist when you eat it because it glides easily on your tongue. Fat also increases a baked cake's shelf life by helping to retain the moisture in it. Some fats, such as butter, add important flavor to a cake recipe, whereas margarine does not have as fine a texture and taste. Shortening does not contribute flavor, unless you use the "butter flavored" type. Denser oil cakes such as carrot, zucchini, apple and pumpkin are commonly made with vegetable oil, called liquid fat. Cake mixes are also classified as oil cakes.

## EGGS

## Eggs perform a multitude of important functions in a cake recipe, depending on the part used. Foamed eggs provide leavening, especially separated and beaten whites. Whole eggs and whites contribute to structure. Egg yolk is also a rich source of emulsifying agents and, thus, is a tenderizer; it facilitates the incorporation of air and inhibits wheat starch gelatinization. Egg yolks also add color, nutrition, and flavor and help to retain moisture in the finished cake. On the other hand, whites can have a drying effect, but they contribute slightly more protein than yolks do, although with far fewer nutrients and without the fat and cholesterol. Some white cake recipe can use 6 to 8 large egg whites, which have a drying effect on the recipe. When white butter cake recipes were developed, some of the egg whites were substituted with whole eggs, without affecting its color. The result is a more flavorful and moister cake. Many of the changes from old-fashioned cakes to the recipes, started with the development of cake mixes and the addition of emulsifiers (found naturally in egg yolks) to the shortenings such as Crisco. Before then, cakes tended to be heavier, more like the pound cake consistency. Shortening used today gives better aeration when mixed and with the addition of liquids, make a light and fluffier cake.

## LEAVENERS

## The leavening source(s) used in cakes may serve to produce gas by physical, chemical or biological methods. It starts with the creation of millions of tiny air bubbles from various mixing methods, trapped in the structural framework of the cake's batter by the gluten strands. Air incorporation comes from beating eggs, creaming butter and sugar together, from folding ingredients together, and from any agitation. Cakes are then leavened when the air bubbles in their batters expand when heated from water vapor or steam from liquids; carbon dioxide produced from chemical leaveners (baking soda and/or baking powder); general expansion from heat from the oven and in some cakes, from yeast activity. In many baked items, one or more of these agents participate in the leavening process. A chemical leavening agent provides a source of gas to the recipe called carbon dioxide. When moistened (baking soda and double acting baking powder) and/or heated (double acting baking powder), it expands the millions of air bubbles previously created in a batter or dough from mixing or any agitation made to the cake's ingredients, trapped in the structural framework by the gluten strands. If the batter is over mixed, becomes too warm or not baked promptly, the gas will escape and the final recipe will have poor texture and low volume. One of the biggest failures of a cake recipe is using baking powder or baking soda that has been weakened from being moistened previously in the cabinet or refrigerator from humidity. Another failure can be caused by pre-wetting a chemical leavened batter because they start to release carbon dioxide bubbles immediately (double acting baking powder will again leaven when heated). Refrigeration will slow their release, but not stop it. When a batter is placed in an oven that has not been preheated, baking powder fails to act until the oven reaches over 120 degrees F. Using the wrong flour can also affect leavening.

## DAIRY AND LIQUIDS

## Milk is usually the main liquid dairy used in cake recipes. It hydrates the dry ingredients, dissolves the sugar and salt, provides steam for leavening and allows for the baking powder and/or baking soda to react and produce carbon dioxide gas. Milk contains proteins (caseins) that set or coagulate from the oven's heat and help to form the structure of the cake, as do flour and eggs. Other dairy products, such as buttermilk, sour cream or cream cheese add more moisture and flavor to a cake, consequently those made with them keep well. The acid in the buttermilk and sour cream help tenderize the gluten in the recipe, producing a finer crumb. Sour cream and cream cheese add richness to a recipe, which makes them moist and almost springy

## FLAVORINGS

## Flavorings come in different forms: ground spices, extracts (especially pure vanilla extract), citrus zest (peel), citrus oil and even liqueurs. Alcohol adds sugar and counts as a liquid ingredient. Be careful how much to add; too much in proportion to the other ingredients in the mix can cause his/her cake to fail. Salt is an important ingredient because it is a flavor enhancer.

## FLOUR SPECIFICATION

## Special cake flour with a high starch-to-gluten ratio is made from fine-textured, soft, low-protein wheat. It is strongly bleached, and compared to all-purpose flour, cake flour tends to result in cakes with a lighter, less dense texture. Therefore, it is frequently specified or preferred in cakes meant to be soft, light, and/or bright white, such as angel food cake. However, if cake flour is called for, a substitute can be made by replacing a small percentage of all-purpose flour with cornstarch or removing two tablespoons from each cup of all-purpose flour (2-4). Some recipes explicitly specify or permit all-purpose flour, notably where a firmer or denser cake texture is desired Flour that is used in baking comes mainly from wheat, although it can also be milled from corn, rice, nuts, legumes, and some fruits and vegetables. The type of flour used is vital at getting the right results in the end product. Different types of flour are suited to different items, and all flours are different. He/she cannot switch from one type to another without consequences that could ruin the recipe. To achieve success in baking, it is important to know what the right flour is for the job.

## ****COOKING MEASUREMENTS & COOKING CONVERSIONS****

**the most important step** in every recipe you bake is that, measuring ingredients properly is imperative. Baking is not very forgiving. It’s a science and estimating measurements could spell disaster. While you can easily get away with a handful of this or that when you’re cooking dinner, even the slightest baking miscalculation could turn your soft chocolate chip cookies into rocks. Understanding the correct measuring technique for a particular ingredient will guarantee better baking results. Because the difference between a recipe success and a recipe failure could lie within 1 mis-measured ingredient.

**When it comes to baking, it pays off to be a perfectionist.** Learn how to properly measure baking ingredients so your next recipe is a success.

**HOW TO PROPERLY MEASURE BAKING INGREDIENTS**

**How to Measure Flour:**

Flour is the most common mis-measured ingredient. Whether you’re using bread flour, cake flour, all-purpose flour, or any other flours on the market, use the **“spoon & level”** method. Do not scoop the flour out of the container/bag with your measuring cup because you could end up with 50% more than you need. Rather, using a spoon, scoop the flour into the measuring cup. Do not pack the flour down and do not tap the measuring cup as both cause the flour to settle in the cup. After you’ve spooned the flour into the measuring cup, use the back of a knife to level off the top of the measuring cup.

* **Drill this in your head:** Spoon & level flour. Do not scoop flour.
* **How do I measure sifted flour?** If a recipe calls for “1 cup of flour, sifted” — measure the flour, then sift it. If a recipe calls for “1 cup of sifted flour” — sift the flour then measure. It all depends where the word “sifted” is in the ingredient wording. If “sifted” is before the ingredient name, sift before measuring. If “sifted” is after the ingredient name, sift after measuring.

**OATS**

Make sure you are using the correct type of oats that your recipe calls for. To measure oats, use the same spoon & level method that you use for flour.

Whole oats and quick oats are different and depend on the cut of the oat. some bakers often use old-fashioned whole rolled oats in recipes like granola, oatmeal bars, and oatmeal cookies. Quick oats are finely chopped whole oats that have a more powdery consistency. When a more powdery, fine oat is ideal in a recipe, you can quick use oats. To avoid having two different types of oats on hand in your baking supplies, make your own quick oats from whole oats. This is very easy: pulse whole oats in a blender or food processor about 5-10 times to break them up to reach the quick oat consistency.

**BAKING POWDER & BAKING SODA**

Baking powder and baking soda can settle down in their containers over time. Shake it up or give it a stir, then using a measuring spoon, lightly scoop out of the container. Use a knife (or the container if it has a leveler) to level it off.

Always remember the difference in [**baking powder vs baking soda**](https://sallysbakingaddiction.com/baking-powder-vs-baking-soda/). Each expire after 6 months, though I find they begin losing strength after 3 months. Write the date on the box so you know when to replace.

**DRY YEAST**

Standard packets of yeast hold 2 and 1/4 teaspoons, which is 1/4 ounce. If your recipe calls for more or less than 1 standard packet of yeast (or if you are measuring out of a jar or container), measure yeast how you measure baking powder or baking soda.(Dry yeast can be sold as active-dry or instant).

**WHITE GRANULATED SUGAR**

Unlike flour, sugar is measured by scooping the measuring cup or spoon into the container/bag until it is overflowing, then leveling it off with the back of a knife. Sugar is heavier than flour, so it’s less likely to pack down into the measuring cup. It’s also more forgiving in recipes than other ingredients because the sweetness of a finished product depends on your tastebuds. However, it is always best to measure the ingredients exactly as the recipe states because sugar crystals are imperative to break down other ingredients. Sugar also aids in proper browning, texture, structure, and stabilization.

**BROWN SUGAR**

Measure brown sugar like you measure granulated sugar. Unless the recipe states otherwise, brown sugar should be packed into the measuring cup or measuring spoon. Light brown sugar is most common, while dark brown sugar has a slightly stronger molasses flavor. Unless the recipe states otherwise, you can use light brown sugar and dark brown sugar interchangeably.

**CONFECTIONERS’ SUGAR (POWDERED SUGAR/ICING SUGAR)**

Measure confectioners’ sugar using the same spoon & level method as flour, explained above. Sift confectioners’ sugar if the recipe calls for it. If your confectioners’ sugar is extra lumpy though, it’s best practice to sift it anyway. (No one wants pockets of powdered sugar in their otherwise smooth [**whipped cream**](https://sallysbakingaddiction.com/homemade-whipped-cream/)!) As detailed above in the Flour section, **1 cup confectioners’ sugar, sifted** means that the sugar is sifted after measuring and **1 cup sifted confectioners’ sugar** means that the sugar is sifted before measuring.

**COCOA POWDER**

Whether you’re using natural or dutched cocoa, measure cocoa powder using the same spoon & level method as flour and confectioners’ sugar. Like confectioners’ sugar, cocoa powder can clump up. If a recipe calls for sifting it, make sure you take the time to do so.

**LIQUID SWEETENERS**

Liquid sweeteners include maple syrup, molasses, honey, corn syrup, agave, etc. Measure these thick and sticky liquids in dry measuring cups.

* **A handy tip:** To easily measure sticky sweeteners, spray the inside of the measuring cup lightly with nonstick spray. This will make it much easier to get the sweetener out of the cup!

**LIQUIDS**

Liquids used in baking such as milk, water, oil, etc should be measured at eye level. Using a liquid measuring cup, pour the liquid into the cup. Then, bend down to make sure the liquid is EXACTLY at level with the measuring requirement of the recipe.

**SEMI-LIQUIDS**

The semi-liquids I’m referring to here are ingredients like sour cream, yogurt, peanut butter, applesauce, mashed banana, etc. Measure these semi-liquid ingredients in dry measuring cups. They are too thick to be accurately measured in liquid measuring cups. Spoon & level, like you do with sugar or flour, then use a rubber spatula to help release the ingredients into the mixing bowl.

* **What about butter?** Butter is usually sold in sticks,(in the western part of the world) either 1/2 cup (8 Tablespoons) sticks or 1/4 cup (4 Tablespoons) sticks. This makes measuring very convenient– simply slice off however much you need in a recipe. If your butter isn’t in stick form, use a dry measuring cup to measure it. If a recipe calls for melted butter, measure the butter in its solid state, then melt it.

**ADD-INS**

The add-ins I’m referring to here are chocolate chips, chopped fruit, sprinkles, nuts, etc. Simply scoop or pour them into a dry measuring cup. These ingredients aren’t typically used to make up the structure of a baked good, so there’s no need to be as precise.

## COOKING MEASUREMENTS ABBREVIATIONS

When you’re following a recipe, it’s pretty important to understand those cooking abbreviations. Many recipes will use shorthand when writing out recipes, and if you don’t know what they mean, you could end up making a few mistakes.

**Kitchen Measurement Abbreviations (Standard and Metric)**

| **Abbreviation** | **Measurement** |
| --- | --- |
| Tbsp | Tablespoon |
| Tsp | Teaspoon |
| Oz | Ounce |
| fl. Oz | fluid ounce |
| C | cup |
| Qt | quart |
| Pt | pint |
| Gal | gallon |
| Lb | pound |
| mL | milliliter |
| G | grams |
| Kg | kilogram |
| L | Liter |

## BAKING CONVERSION

### **(Baking In Ounces)**

| **Measurement/Ingredient** | **Ounces** |
| --- | --- |
| 1 c. all-purpose flour | 4.5 oz |
| 1 c. granulated sugar | 7.1 oz |
| 1 c. unsifted powdered sugar | 4.4 oz |
| 1 c. packed brown sugar | 7.75 oz |
| 1 c. rolled oats | 3 oz |
| 1 c. vegetable oil | 7.7 oz |
| 1 c. milk | 8 oz. |
| 1 c. heavy cream | 8.4 oz |
| 1 c. butter | 8 oz. |
| 1 large egg (white + yolk) | 1.7 oz |

## DRY INGREDIENT EQUIVALENTS:

## 1 Tablespoon = 3 teaspoons

## 1/8 cup = 2 Tablespoons

## 1/4 cup = 4 Tablespoons

## 1/3 cup = 5-1/3 Tablespoons

## 1/2 cup = 8 Tablespoons

## 2/3 cup = 10 and 2/3 Tablespoons

## 3/4 cup = 12 Tablespoons

## 1 cup = 16 Tablespoons

## LIQUID INGREDIENT EQUIVALENTS:

## 1 cup = 8 fluid ounces = 1/2 pint

## 2 cups = 16 fluid ounces = 1 pint

## 4 cups = 32 fluid ounces = 2 pints = 1 quart

## 8 cups = 64 fluid ounces = 4 pints

## 4 quarts = 128 fluid ounces = 1 gallon

## FLOURS

## 1 cup all-purpose flour = 125 grams (4 1/2 ounces)

## 1 cup sifted all-purpose flour = 115 grams (4 ounces)

## 1 cup bread flour = 130 grams (4 1/2 ounces)

## 1 cup sifted bread flour = 121 grams (4 1/4 ounces)

## 1 cup cake flour = 115 grams (4 ounces)

## 1 cup sifted cake flour = 100 grams (3 1/2 ounces)

## OR

| **Teaspoons** | **Tablespoons** | **Cups** |
| --- | --- | --- |
| 3 tsp | 1 tbsp | 1/16 c |
| 6 tsp | 2 tbsp | 1/8 c |
| 12 tsp | 4 tbsp | 1/4 c |
| 24 tsp | 8 tbsp | 1/2 c |
| 36 tsp | 12 tbsp | 3/4 c |
| 48 tsp | 16 tbsp | 1 c |

## SUGARS

## 1 cup granulated sugar = 200 grams (7 1/2 ounces)

## 1 cup (packed) brown sugar = 200 grams (7 1/2 ounces)

## 1 cup confectioners’ sugar = 120 grams (4 1/4 ounces)

## 1 cup sifted confectioners’ sugar = 115 grams (4 ounces)

## BUTTER

| **Sticks** | **Cups** | **Tablespoons** | **Ounces** | **Grams** |
| --- | --- | --- | --- | --- |
| 1/2 stick | 1/4 c | 4 tbsp | 2 oz | 57.5 g |
| 1 stick | 1/2 c | 8 tbsp | 4 oz | 115 g |
| 2 sticks | 1 c | 16 tbsp | 8 oz | 230 g |

## LIQUID SWEETENERS

## 1 Tablespoon honey = 21 grams (3/4 ounce)

## 1/2 cup maple syrup = 156 grams (5 1/2 ounces)

## 1/4 cup molasses = 85 grams (3 ounces)

## OR

| **Fluid Ounces** | **Cups** | **Pints** | **Quarts** | **Gallons** |
| --- | --- | --- | --- | --- |
| 8 fl. Oz | 1 c | 1/2 pt | 1/4 qt | 1/16 gal |
| 16 fl. Oz | 2 c | 1 pt | 1/2 qt | 1/8 gal |
| 32 fl. Oz | 4 c | 2 pt | 1 qt | 1/4 gal |
| 64 fl. Oz | 8 c | 4 pt | 2 qt | 1/2 gal |
| 128 fl. Oz | 16 c | 8 pt | 4 qt | 1 gal |

## SEMI-LIQUIDS

## 1/2 cup peanut butter = 135 grams (4 3/4 ounces)

## 1 cup sour cream or yogurt = 227 grams (8 ounces)

## OTHER

## 1 cup milk = 227 grams (240ml; 8 ounces)

## 1/2 cup butter = 1 stick = 115 grams (4 ounces)

## 1/4 cup cornstarch = 28 grams (1 ounce)

## 1 cup chocolate chips = 180 grams (6 1/4 ounces)

## 1/2 cup natural unsweetened cocoa powder = 41 grams (1.6 ounces)

## 1cup = 85 grams (3 ounces)

### **Oven Temperatures** Conversion

| (Degrees) Celsius | (Degrees) Fahrenheit |
| --- | --- |
| 120 C | 250 F |
| 160 C | 320 F |
| 180 C | 350 F |
| 205 C | 400 F |
| 220 C | 425 F |

## NOTE: the measurement above are the standard measurement for the American and US. However, the Nigeria measurement for flour 1cup = 125g, for liquid 1 cup =250mm i.e about 230g, for sugar 1cup leveled = 200g (but if filled to the brain is approximately 250g ), for butter 1 cup filled to the brain leveled 225-230g.

## It is advisable that you follow the recipe measurement as it is. Using a scale gives you more accurate result.

# **COMMON REASONS WHY CAKES SINK**

It happens to the best of us: you spend all this time mixing up cake batter and feeling extra optimistic about those future cake layers, come to find that when you open the oven door your cakes have sunk. Before you blame the recipe, there are many things that can factor into the chemistry of your sunken cake creation. Baking is a series of chemical reactions, which can be cool and frustrating all in the same day!

## HERE ARE SOME REASONS WHY CAKE SINKS

### **1: Your Baking Powder is Expired:**

Baking powder is one of the ingredients that gives your cake a beautiful rise. Unlike baking soda, which pretty much lasts forever, baking powder will expire between 6 months and one year. It’s especially sensitive to humidity and moisture, so to preserve it for as long as possible, you need to ensure it’s well stored in a cool, dry pantry. Always write the date that you open a new can of baking powder on the lid just to remember how long you have until it expires. If you’re not sure how long it’s been, you can test your baking powder by adding ½ teaspoon into a cup and adding ¼ cup of boiling water. If it bubbles up immediately, it’s still good. If not, it’s important that you get a new tin before baking a cake recipe. Sadly, expired baking powder won’t allow for the chemical reaction that a cake needs to rise.

### **2: Too Much Leavening Agent:**

If there’s too much baking powder or baking soda in a cake recipe, it can cause your cake to rise too rapidly, then sink shortly thereafter. The amount really depends on the other ingredients of the recipe. A general rule of thumb for the amount of leavening agent in a cake recipe is one teaspoon of baking powder and/or ¼ teaspoon of baking soda per cup of flour. There are exceptions to this for sure, as not all cake recipes have both leavening agents. Some cake recipes that are ultra-acidic (like a lemon cake) will require less baking powder to rise because the acidity of lemons cancels it out. you See? So much science.

### **3: Over-Creaming the Butter and Sugar:**

The process of creaming the butter and sugar in a cake recipe is super important to the rise (or fall) of the cake. The majority of gas bubbles are created in the creaming process, and those are responsible for creating both texture and rise. A good rule of thumb is to cream the butter and sugar at a moderate speed for 2-3 minutes. Any more than that and you can end up either losing those precious gas bubbles or creating so many that the cake will rise too quickly and then sink immediately thereafter. Any mixing (with hand or stand mixer) that’s more than 2-3 minutes, or any higher power on your mixer than medium, will whip too much air into the mixture and cause your cake to fall in the oven. Be sure to follow the recipe exactly when it comes to creaming the butter and sugar, and if you’re ever curious about the time it takes for this to occur (because sometimes recipes don’t specify a time), just cream the room temperature butter with the sugar for 2-3 minutes on medium and you should be good to go. It should be “light and fluffy” after that amount of time, which looks like this:

### **4: Your Butter is Too Soft:**

Baking involves quite a bit of patience, and bringing the butter to room temperature is no exception. But what exactly is “room temperature”? According to the internet, perfectly room temperature butter will be 68ºF, which means it’ll be a little soft when you press into it, but not so soft that it’s easy to indent with your finger or on the verge of melting. If your environment is especially hot, you need to keep an eye on your butter and make sure you don’t leave it out too long before starting on the cake batter. And on the flipside, attempting to soften your butter in the microwave often results in too-soft butter. Regardless of how you ended up with butter that is over-softened, creaming it with the sugar will result in air bubbles that are frothy, hence destroying your chances of a light and fluffy rise.

### **5: Over-Beating the Batter:**

The process of mixing up cake batter requires beating in just the right amount of air. The air that you beat in is partly responsible for the rise in your cake, and if you beat in too much, your cake will rise too rapidly in the oven and then sink. Over-beating will also overdevelop the gluten in the batter, which will make the texture of your cake more dense. This common problem typically happens at the end of a cake recipe, when you’re adding in the final dry and wet ingredients. At the end of any cake recipes, you must reduce the speed of the mixer on low and add all of the dry ingredients at once and wait until they just start to come together before adding all of the liquid at once. Some recipe will require you to alternate the liquid and dry ingredient (starting with the dry ingredient and ending with the dry ingredient) and this is specifically to make sure the batter doesn’t get overmixed. Each cake recipe will require a different process, but just know that the longer you mix the final batter, the more problematic air you’re whipping into it. I advise that you should use a spatula to fold in ½ of the dry ingredient without using a mixer.

### **6: Your Oven is Too Hot:**

Have you ever checked your internal oven temperature? Sometimes your oven display will read one temperature, while the actual temperature is different. If an oven is too hot, it can cause the cake to rise too rapidly and thus, sink in the remainder of the baking process. v Typically, the resulting cake will have over-baked edges and will be runny in the middle. If you’re ever concerned about your oven temperature, you can [purchase a thermometer](https://amzn.to/2Zs8apM) to place inside your oven to ensure that it’s the right temp.

### **7: Opening the Oven Door Prematurely:**

It can be tempting to want to see what’s going on inside of the oven, but if you open the door during the baking process it lets too much air escape, even if it’s just for a second. So as to not disturb the oven environment, you can just flip on the oven light to see your cake through the glass and be sure to only open the oven door after the specified baking time to check for doneness.

### **8: Your Ingredients Aren’t Room Temperature:**

It’s ultra important that all of your ingredients are room temperature before you mix up your batter. This means that your eggs, butter, and all other dairy and liquids need to be room temperature, not any colder or warmer unless the recipe specifies otherwise.

### **9: It’s Just an Unreliable Recipe:**

There are TONS of cake recipes on the internet, and surprise, not all of them are written properly or go through extensive testing. Some common reasons why cakes sink are too much liquid in the recipe, an incorrect amount of leavening agent, or other ingredients with off measurements. Recipe writing requires lots of testing, , but not all bloggers have the time (or ambition) for that.

**GUIDE TO A PERFECT CAKE**

1. Choose the correct cake pan size and prepare the cake tins ahead of time.
2. Check oven temperature and avoid opening oven doors until at least two third of the way through cooking.
3. You need to look in your basic ingredient, the best cake start with the best ingredient, each of which plays part.

Using the fresh ingredient

1. Weigh of measure ingredients accurately. Don’t ever try to judge quantities by eyes, but use standard measuring cup and spoons or measuring scale.

Follow the step of the recipe carefully.

**WHEN CAKE IS TOUGH**

Mix your cake according to the recipe, there is a function to the order in which ingredient are added to create the right texture. As soon as you being mixing flour with a liquid and flat, gluten is developed. Gluten is not desirable in cakes, so mix thoroughly but as little as possible, make you are using the correct flour. If your recipe calls for a cake of pastry flour, then an all purpose flour or bread flour will be too hard, creating a tough crumb.

**BUTTERMILK**

If a recipe calls for 1cup of buttermilk and you have none at hand, combine 1tbsp, lemon juice or 1tbsp white vinegar + one cup milk, let it sit for 5-10min. this make 1cup buttermilk.

**Cake flour:**

1cup of plain flour – 2tbsp of the flour + 2tbsp of corn flour = 1cup cake flour

**Liquid milk:**

1cup of water + 1/3 cup of powder milk = 1cup of liquid milk

**Self-rising flour:**

1cup plain flour + 1.5tsp baking powder + ½ tsp of salt = 1cup self rising flour

**Brown sugar:**

1cup of sugar + 1tbsp of black treacle = 1cup of brown sugar

**DOUBLE A RECIPE**

**Original Recipe Double Recipe**

1/8 tsp ¼ tsp

¼ tsp ½ tsp

¾ tsp ½ tsp

1tsp 2tsp

1tbsp 2tbsp

2tbsp 4tbsp or ¼ cup

1/8 cup ¼ cup

¼ cup ½ cup

1/3 cup 2/3 cup

2/3 cup 1 1/3 cups

1 ¾ cup 11/2 cups

1cup 2cups

1 ¼ cup 2 ½ cups

1 1/3 cup 2 2/3 cups

1 ½ cup 3cups

1 2/3 cup 3 1/3 cups

1 ¾ cups 3 ½ cups

**HOW TO STORE CAKE**

## ****Storing Unfrosted Cake Layers:****

When you’re building a cake, it’s ultra-important that your cake layers are room temperature and not even a little bit warm (trust me, your frosting will melt). Because of this, you’ve got to give your cakes a few hours to cool after they come out of the oven. This means padding in those extra hours of cooling time into your overall timeline, which can end up taking a lot of your day if you’re doing all of it the day of. Instead, there are a few options for baking your cake layers and storing them properly so they’re ready to go on decorating day:

#### **Storing at Room Temperature:**

If you’re baking your cakes a day or two ahead of decorating day, you can store them at room temperature as long as they’re wrapped tightly in plastic wrap. Just be sure to wait until they’re completely cooled before wrapping them in plastic wrap, as the steam from a hot cake layer can create excess condensation in the storage process. Nobody wants a soggy cake!

#### **Freezing Cake Layers:**

If you’re baking your cakes more than two days ahead of time, I recommend freezing your cake layers. Again, it’s important that you let the cakes cool completely before wrapping them up. As long as you wrap them properly, they will keep for up to two months in the freezer and once thawed will taste just as fresh as the day you baked them! Talk about a cake hack. To ensure they stay extra fresh, I like to wrap the cake layers in one layer of plastic wrap, then one layer of aluminum foil, then place them into a Ziploc bag (or other airtight container that can go in the freezer). When you’re ready to use them, simply take the cake layers out of the freezer the day before decorating to thaw them.

Remove them from the Ziploc bag, but keep them in their aluminum foil/plastic wrap covering. This way, any excess condensation will escape and gather on top of the foil, which acts as a barrier to keep the cake beneath it from getting soggy. Then, on decorating day, remove all the wrapping and you’ll have your cake layers thawed and ready to go!

## ****Making Buttercream Ahead:****

To make your buttercream frosting ahead of time, simply place it in an airtight container and keep it in the refrigerator for up to two weeks before decorating day. When you’re ready to use it, bring it back to room temperature by placing it on the counter for an hour or two. Once it reaches room temperature, add it back into your stand mixer and mix it on low speed for about a minute.

This will bring it back to frosting consistency and you’ll be ready to roll!

## ****STORING CRUMB COATED CAKES****

After you’ve filled and frosted your cake with a crumb coat, it’s safe to store it in the refrigerator overnight without the risk of drying out the cake. The thin layer of buttercream acts as a barrier to preserve the cake underneath and help it maintain its moisture.

I always like to add my final layer of frosting to a chilled crumb coated cake anyways, because having a nice firm structure underneath the final layer is one of the secrets to [creating a smooth buttercream finish](https://sugarandsparrow.com/how-to-frost-a-cake). Even if you don’t plan on storing your crumb coated cake in the fridge overnight, I highly recommend letting it firm up in the fridge for at least 30 minutes before you add your final layer of frosting. Here’s everything you need to know about [how and why I crumb coat my cakes](https://sugarandsparrow.com/crumb-coat).

## ****STORING DECORATED CAKES (UNCUT)****

Once the final layer of frosting has been added and you’ve decorated your cake, the safest place to preserve it is in the refrigerator, uncovered (in my opinion). This way, the details of your decorating will be preserved while keeping the cake beneath all that frosting nice and moist. I like to decorate my cakes and store them in the refrigerator overnight before serving them.

Although I don’t have much experience with fondant covered cakes, I store my buttercream frosted cakes with ganache drips, buttercream piping, sprinkles, and even fondant/gumpaste accents in the refrigerator overnight, until about an hour or two before serving the cake. If I’m driving the cake somewhere, I keep it in the fridge until the minute I walk out the door. This is because cakes that are chilled are much easier to handle and transport while keeping the details intact.

#### **CAKES WITH FRESH FLOWERS**

If you’re topping a cake with fresh flowers, I recommend keeping those flowers in a vase of water until the morning of the cake due date. Then, prepare the flowers according to [these instructions](https://sugarandsparrow.com/fresh-flowers-cake-decorating/) to ensure they stay fresh once you top the cake with them.

## CARROT CAKE

How to make the most incredible homemade Carrot Cake.

### **Ingredients**

* 1 ⅔ cups white sugar (335g)
* 1 cup brown sugar (335g)
* 2 ½ cups all- purpose flour (300g)
* 1 tsp cinnamon
* 1/2 tsp nutmeg
* 1/2 tsp ginger
* 2 tsp baking powder (8g)
* 2 tsp baking soda
* 1 ½ tsp salt 8g, kosher
* 1 cup vegetable oil (180ml)
* 4 eggs
* 2 tsp vanilla (10mL)
* 1 cup pecans (125g) toasted. Or Walnuts
* 1 lb carrots (450g) shredded
* 3/4 cup apple sauce (120 mL)

#### **For the Frosting:**

* 16 oz cream cheese (452g) room temp
* 12 oz butter (340g) room temp
* 1 tsp vanilla 5mL
* 1 3/4 lb confectioners’ sugar (800g)

#### **For the Buttercream (optional):**

* 1/2 cup salted butter (113g) room temperature
* 3 cups powdered sugar (350g) sifted
* food coloring orange and green

### **Instructions**

#### **For the Cake:**

* Preheat the oven to 350 degrees F. Prepare three 8" cake pans. Add a parchment round to the bottom of each pan using a dob of butter to hold in place then butter and flour the sides.
* Beat the sugar, oil, eggs, apple sauce, and vanilla together in a large bowl.
* In another bowl, sift together dry ingredients and whisk together.
* Add the dry ingredients to the wet ingredients. Mix together until just combined and scrape the bowl down.
* Toss the toasted pecans with 1 tablespoon of the dry mixture.
* Fold the carrots and pecans into the batter.
* Divide the batter evenly into a three buttered 8" pans lined with parchment paper.
* Bake for about 40 minutes, or until a toothpick comes out clean.
* Allow the layers to cool completely in the pan. Set over a wire rack.

#### **For the Cream Cheese Frosting:**

Cream the butter and cream cheese in the bowl of an electric mixer fitted with the paddle attachment.  Mix in the vanilla until well combined, scrape the bowl down then add the confectioners’ sugar and mix until smooth.

#### **For the Buttercream (optional):**

* Use a spatula to fold in the powdered sugar into the butter a cup at a time until it forms a thick pipeable paste. Divide into two batches, a larger one will be colored orange the smaller will be green.

#### **For the Assembly:**

* Pipe a thick layer of the cream cheese frosting onto the first cooled layer, add the second then repeat the process until the cake is built. Because cream cheese frosting tends to be soft it's best to chill the cake for a bit so it stabilizes.
* Cover the cake in cream cheese frosting then smooth the side and top.
* Press the chopped toasted pecans onto the lower part of the side.
* Us a 1a (large round) tip to pipe the carrots on top then use a grass tip to pipe the green tops.

### **NOTES:**

* Measure your flour correctly! Adding too much flour to the recipe is the most common mistake. The best and easiest way to measure flour is by using a scale. If you don't have one then fluff your flour with a spoon, sprinkle it into your measuring cup, and use a knife to level it off.
* Make sure you prepare your cake pans properly so the cake will release easily.
* The nuts can be omitted. I love the crunch and depth of flavor they add though. Walnuts and pecans work well in this cake so use whichever you prefer.
* If you haven't toasted nuts before it's super-easy! Just spread out on a baking tray and bake at **350F for about 10 minutes** or until they smell nice and fragrant. Remove from the oven after 5 minutes and **move around on the baking sheet** so they toast evenly.
* It's important to lightly dust the nuts in some of the dry mixture before folding them into the batter. This stops the nuts from sinking to the bottom of the cake.
* No apple sauce? you can use chopped pineapple instead.
* I use the fine side of a box grater to grate my carrot but you can also use the larger holes if you want. Alternatively, you can shred the carrots in a food processor.
* If your frosting is runny then add more powdered sugar a cup at a time until the consistency thickens up. You can also chill the frosting slightly so it firms up.
* After filling the cake layers with frosting I prefer to refrigerate the cake for 15-20 minutes to give the layers a chance to firm up before frosting the whole cake.
* will help you get a nice flat top after baking so you can stack the layers without trimming.
* If you want to change the flavor you could add raisins, shredded coconut, or chocolate chips if you like.
* You can also adjust the spices to taste or add in extras such as allspice and cardamom.
* You can make the buttercream carrots really easily with a large round tip nozzle and a grass tip nozzle. These really help you to create cute little carrots and don't require any technical baking skills.
* **Storage -** The cake can be refrigerated for up to 3-4 days. Unfrosted cake can be frozen, defrost completely before using.

**Fluffy vanilla cake recipe**

**Flour 250g**

**Butter 250g**

**Sugar 250g**

**Egg 6**

**Baking powder ½ tbsp**

**Vanilla flavor 1/2tsp**

**Use creamy method to make the cake**

**When creamed well, it can make three inches high of ten inches pan**

# **Coffee Cake**

This delicious coffee cake has a wonderful play of textures from the tender, moist crumb and crunchy streusel topping

### **Ingredients**

#### **For the Cinnamon Filling:**

* 3/4 cup light brown sugar 150g
* 1/4 cup all- purpose flour 30g
* 2 tsp ground cinnamon

#### **For the Streusel:**

* 2/3 cup light brown sugar 133g, lightly packed
* 1 cup all-purpose flour 120g
* 2 tsp ground cinnamon
* ¼ tsp salt
* 1/2 cup unsalted butter 113g, diced

#### **For the Cake:**

* 2 1/4 cup all-purpose flour 270g
* 1/4 cup cornstarch 30g
* 2 ½ tsp baking powder
* 3/4 tsp salt
* ¾ cup unsalted butter 170, at room temperature
* 1/2 cup brown sugar 100g
* 1 cup granulated sugar 200g
* 3 eggs room temperature, large
* 2 tsp vanilla extract 10mL
* 1 cup sour cream 240mL, room temperature

### **Instructions**

#### **For the Cinnamon Filling:**

* In a small bowl whisk together the brown sugar, flour, and cinnamon then set aside.

#### **For the Streusel Topping**:

* Add the brown sugar, salt, cinnamon, and flour to a medium bowl. Whisk together then add the diced butter. I usually use room temperature butter for this but you can use cold butter too.
* Use your clean fingers to press and crumble the butter into the dry mixture. Once you have a crumbly mixture you can set it aside. For larger crumbles try pressing a large handful together and break apart into large pieces.

#### **For the Cake:**

* Preheat oven to 350F. Line a 9x9 inch pan with parchment paper, or grease it, and set aside. Sift the flour, cornstarch, salt, and baking powder into a large bowl, whisk together and set aside.
* Beat the butter and granulated sugar in a stand mixer fitted with a paddle attachment or a large bowl If using an electric hand mixer. Mix until light and fluffy then add the brown sugar and mix on high. Pour in the vanilla then add the eggs one at a time while mixing on low. Scrape the bowl down then add the sour cream and mix until combined.
* Add the dry mixture to the wet and mix until just combined then use a spatula to scrape the bowl down and mix any stray bits in.
* Pour half the cake batter into the prepared pan and smooth out. Sprinkle the cinnamon filling on top. Spread the remaining batter over the cinnamon filling moving from the center to the edges. Top with the streusel and bake at 350F for about 50-55 minutes or until a toothpick inserted in the center comes out clean. Allow to cool in the pan for 20 minutes before cutting.

### **Notes:**

* Measure your flour correctly! Adding too much flour to the recipe is the most common mistake. The best, and easiest way to measure flour is by using a scale. If you don't have one then fluff your flour with a spoon, sprinkle it into your measuring cup, and use a knife to level it off.
* If you're enjoying the coffee cake the next day give it 10-20 seconds in the microwave. It's SO good just a bit warm.
* You can substitute whole milk yogurt for the sour cream if desired.
* If you don't want to get your hands messy then pour melted butter into your streusel mixture and mix with a spoon or fork to get those clumps.
* Try mixing in a cup of chopped toasted pecans with your streusel topping for extra crunch.

## SOUR CREAM POUND CAKE

This cake is delicious served for breakfast with a cup of tea or coffee (you can also make it into muffins) or as a dessert with a dollop of whipped cream and fresh fruit like berries or peaches in the summer.

### **Ingredients**

* 3 cups all-purpose flour (360g)
* 1 teaspoon kosher salt or ½ tsp fine grained
* ½ teaspoon baking soda
* 1 cup unsalted butter room temperature (225g)
* 3 cups granulated sugar
* 6 eggs large room temperature
* 1 tbsp vanilla extract (15ml
* 1 cup sour cream (8oz/227g)

### **Instructions**

* Preheat oven to 325F. Butter and flour a large bundt pan or coat with baking spray. Combine the flour, salt, and baking soda in a large bowl, whisk together and set aside.
* Cream the butter and sugar until light and fluffy. Add the vanilla then eggs one at a time while mixing on medium speed, scraping the bowl down twice or so. Add the flour mixture and sour cream in alternating batches, mixing on low until just combined.
* Use your spatula to finish the batter off, scraping the bowl down and mixing any errant sour cream or flour in. Transfer the batter to your prepared bundt pan and bake at 325 for about 80 minutes or until a skewer comes out clean from the center.
* Cool in in pan 10 minutes before inverting.

### **Notes:**

* Make sure to scrape down the bowl after each stage of mixing so everything is incorporated properly.
* You can divide the cake batter into muffins if you prefer they're great for breakfast on the go.
* If you want to glaze this cake with icing you can mix [powdered sugar](https://preppykitchen.com/how-to-make-powdered-sugar/) with water or citrus juice like lemon or orange until you achieve the desired consistency then pour it over the cake.
* Make sure your ingredients (especially the butter) are at room temperature before starting.
* Don't overmix the batter or it'll be dry and tough just mix it enough until everything is just combined.
* make sure to grease and coat your cake pan in flour so the cake is easy to remove once baked.
* Allow the cake to cool in the cake pan for around 10-15 minutes before removing.
* Make sure to let it cool completely on a wire rack before slicing.
* Will keep for up to 3 days or can be frozen.

**How to make the best white cake recipe (ever)**

### **Ingredients**

*  1 cup butter softened
*  1/2 cup vegetable shortening
*  3 cups granulated sugar
*  5 large eggs room temperature
*  3 cups all-purpose flour
*  2 teaspoons baking powder
*  1/4 teaspoon salt
*  1/2 cup whole milk room temperature
*  1/2 cup [buttermilk](https://addapinch.com/homemade-buttermilk-substitute-recipe/) room temperature
*  2 teaspoons [vanilla extract](https://addapinch.com/homemade-vanilla-extract-recipe/)

### **Instructions**

* Preheat oven to 350º F. Prepare three 9-inch round cake pans with nonstick baking spray or coated well with shortening or butter and floured, taking care to remove all excess flour.
* Cream together butter and shortening until light and fluffy with an electric mixer. Slowly add sugar one cup at a time, making sure to fully incorporate each cup before adding another. Add eggs one at a time, making sure to fully incorporate each egg before adding another.
* Sift together flour, baking powder, and salt. Pour milks and vanilla into measuring cup and whisk together with a fork. Add to butter and shortening mixture alternately with milk mixture, beginning and ending with dry ingredients.
* Gently stir all ingredients until well combined. Stop mixer and scrape down sides and bottom of bowl, making sure to have all ingredients mixed well.
* Evenly distribute cake batter between cake pans and place pans into oven. Bake for 25-30 minutes, or until a toothpick or cake tester inserted in the center comes out clean. Remove and allow to cool slightly in cake pans for about 5 minutes, then cool completely on a wire rack.
* Frost cake as desired.

### **Notes:**

* Some people have had problems with the cake not rising. Try creaming the butter shortening, and sugar until light and fluffy, about 3 to 5 minutes. Don’t over beat when adding eggs and other ingredients, just mix gently until incorporated well into batter.

This recipe makes approximately 25 cupcakes when cupcake tin is filled more than ¾ full. When filled ½ full, this recipe makes approximately 36 cupcakes. Bake approximately for 18min.

* If you preferred the original white cake recipe, it used ½ tsp of baking powder and 1cup of buttermilk or whole milk.
* If you leave in a high-altitude environment, you’ll need to make sure to follow recommended baking adjustment for your altitude.

# **CINNAMON COFFEE CRUMB CAKE RECIPE**

Moist and buttery with cinnamon inside, huge crumbs on top, and a generous drizzle of cream cheese espresso glaze! It's truly the perfect breakfast treat and only takes minutes to make.

## Ingredients

### **Cake:**

* 3 ounces (85 g) unsalted butter room temperature
* 4 ounces (113 g) granulated sugar
* 6 ounces (170 g) all-purpose flour
* 1/2 teaspoon (1/2 teaspoon ) baking soda
* 1/2 teaspoon (1/2 teaspoon ) baking powder
* 1/2 teaspoon (1/2 teaspoon ) salt
* 1 teaspoon (1 teaspoon) vanilla extract
* 1 large (1 large) egg room temperature
* 5 ounces (142 g) sour cream room temperature

### **Cinnamon Swirl:**

* 1 teaspoon (1 teaspoon) cinnamon
* 1 ounce (1 ounce) light brown sugar sifted

### **Crumb Topping:**

* 6 ounces all-purpose flour
* 4 ounces (113 g) unsalted butter almost melted
* 3 ounces (85 g) light brown sugar
* 2 ounces (56 g) granulated sugar
* 2 teaspoons (2 teaspoons) cinnamon
* 1/4 teaspoon (1/4 teaspoon) salt

### **Cream Cheese Glaze:**

* 2 ounces (57 g) cream cheese room temperature
* 1 ounce (28 g) unsalted butter melted
* 1/2 teaspoon (1/2 teaspoon) vanilla extract
* 3 ounces (85 g) powdered sugar
* 4 teaspoons (4 teaspoons) coffee or milk, water or espresso

## METHOD OF PREPARATION

#### **Cinnamon Sugar Filling:**

* Add the brown sugar and cinnamon to a medium sized bowl. Mix together to combine. If it’s really lumpy, sift together. Set aside.

#### **Crumb Topping:**

* Add the flour, brown sugar, white sugar, salt, cinnamon, and soft (almost melted) butter to a large bowl. Mix together with a spoon or spatula until most of the flour is combined.
* Then use your clean hands to press the topping together. You should have very chunky crumbs, some large and some small. If it’s too crumbly and dry, microwave it for about 5 seconds to melt the butter more, then work it with your hands until it comes together. Set aside.

#### **The Cake:**

* Preheat your oven to 350ºF (177ºC) and bring your butter, sour cream, cream cheese and egg to room temperature.

I place my egg in a bowl of warm water for a few minutes and leave out the butter and sour cream for a few hours. If needed, I microwave them for a few seconds until they're room temperature or a little warm.

* Place room temperature butter and granulated sugar into the bowl of your stand mixer with the whisk attachment. (Or a large bowl if you’re using a hand mixer.) Mix on medium/high and cream together until light and fluffy, about 2-3 minutes.

Make sure it’s fully creamed, if it’s not light and fluffy then your cake could collapse.

* Add in your room temperature egg, room temperature sour cream and vanilla. Mix until combined. Your batter should look cohesive at this point. If it has chunks of cold butter in there, one of your ingredients was too cold.
* Add in the flour, baking soda, baking powder and salt. Mix on low until just combined. Don’t over mix. (If your flour is really lumpy, sift these dry ingredients before adding them into the mixer.) The batter will be thick.
* Grease an 8”x4” loaf pan with pan release on the bottom and up the sides. I recommend using cake goop! Or you can line the bottom and sides with parchment paper to easily flip it out later.
* Place half of the batter into the greased loaf pan and smooth it out. Sprinkle the cinnamon sugar filling on top until it’s completely covered. (Optional: swirl if desired.) Then place the rest of the batter on top and smooth it out with a spatula.
* Sprinkle the thick crumbs evenly on top, covering the surface of the batter.
* Bake at 350ºF for 40-50 minutes, rotating halfway through for even baking. When a toothpick comes out clean from the center, it’s done!
* Make the cream cheese glaze while your cake is baking, directions below.
* Once finished baking, rest the loaf at room temperature until the pan is completely cool, about 2 hours. Do NOT flip your cake out while it’s warm, it could collapse.
* Loosen the edges with a knife, place a piece of plastic wrap on top of the cake and flip upside down to remove it from the pan. Place on top of a plate or serving tray.

#### **Cream Cheese Glaze:**

* Place softened cream cheese in a large bowl and blend until smooth with a hand mixer or whisk. Slowly pour in the melted butter a little at a time. Do not pour it all in at once or you could end up with a soupy cream cheese mess.
* Sift in the powdered sugar and mix until you don’t see any lumps. If you don’t sift you will have lumpy glaze. Add in the vanilla.
* While mixing, pour in the coffee a little at a time. Keep adding until you get the desired consistency of glaze. I like a thinner glaze so it’s easy to pipe.
* Place glaze into a piping bag and drizzle on top of the loaf. You can also use a spoon or a plastic bag with the corner cut off.
* Enjoy at room temperature for up to three days. To keep it moist, store in a plastic bag or wrap with plastic wrap.

## Notes:

1. All my recipes are measured in ounces, not cups. Cups leave way too much room for error and a scale is super simple to use. It's my #1 recommended tool for baking success. You can watch my video on [how to use a kitchen scale](https://sugargeekshow.com/news/digital-kitchen-scale/) if you're not familiar.
2. Make sure your butter, sour cream, egg, and cream cheese are all [room temperature](https://sugargeekshow.com/news/room-temperature-ingredients/) so that the ingredients combine together well.
3. If you don't have sour cream you can use buttermilk or any of these [buttermilk substitutions.](https://sugargeekshow.com/recipe/buttermilk-substitute/)
4. For your pan release, I recommend using [cake goop!](https://sugargeekshow.com/recipe/cake-goop-recipe/) Or you can line the bottom and sides with parchment paper to easily flip it out later.
5. I'm using an 8" x 4" Loaf Pan, 2.5" tall. You can also use an 8”x8” nonstick square pan, it will just take less time to bake. If you want to use a larger bundt pan, make 1 and a half batches of this recipe. You can also use this recipe to make muffins!
6. Make this recipe your own! When assembling the loaf in the pan, add your favorite toppings/fillings like blueberries, dried fruit, or even swirl in cream cheese filling.
7. After your cake is done baking, make sure to rest it at room temperature until the pan is completely cool, about 2 hours. Do NOT flip your cake out while it’s warm, it could collapse.

### **VICTORIA SPONGE CAKE**

## Ingredients

* 1. **The Sponge:**
* 200g / 7 oz softened Butter (room temperature)
* 200g / 7 oz Caster Sugar
* 250g / 9 oz Self Raising Flour / if you use All Purpose or Plain Flour add an extra 2 tsps of baking powder
* 5 Medium or 4 Large Eggs (room temperature)
* 2tsp Baking Powder
* ½tsp Vanilla Extract
  1. **The Filling:**
* 300mls of double or Heavy Cream
* 1½tsp Icing or Powdered Sugar
* 1tsp Vanilla Extract
* 120g of Jam
* Powdered / Icing Sugar for dusting

**METHOD OF PREPARATION**

* Begin the recipe by preheating your oven to 190°C / 374°F Gas mark 5.
* Grease two 20cm / 8” sandwich cake tins and line the bottoms with greaseproof paper.
* Add the butter and caster sugar to a bowl and cream together using a spatula to a smooth paste.
* Whisk in the eggs 1 at a time (make sure your eggs are at room temperature).
* Add the vanilla extract and mix in.
* Sift in the flour and baking powder and gently fold it into batter using a spatula.
* Divide the batter equally into the 2 cake tins and get them into the preheated oven and set your timer for 23 minutes.
* While the sponge is baking start the Chantilly cream, by adding the double or heavy whipping cream, vanilla extract and icing sugar to a bowl, and whisk until thick as shown in the video, refrigerate until needed.
* Check the cakes after the timer goes off ( do not open the oven door before) use a cocktail stick to test in the cake is done, if it comes out clean the cake is done, if not give it a couple of more minutes.
* Place the tins on a wire rack for 10 minutes before removing them from the tins, after the 10 minutes remove from the tins and gently peel off the paper and allow to properly cool for a further 10 minutes.
* Place one of the cakes on a serving plate with the flat bottom of the sponge facing up, cover with the jam of your choice staying shy of the edge, next cover the jam with the prepared Chantilly cream, gently line up and place the second cake on top of the cream with the flat bottom of the sponge facing down this time, gently press it down.
* Finally dust with powdered / icing sugar, slice and serve.

# **STABLE VANILLA BUTTERCREAM RECIPE FOR HOT WEATHER**

A tasty vanilla buttercream that stands up better to hot and humid environments. Makes enough to fill and frost a double layer cake, fill and crumb coat a triple layer cake, and frost about 20 cupcakes.

### **Ingredients**

* 1/2 Cup (113g) unsalted butter, room temperature
* 1/2 Cup (100g) high ratio shortening
* 3 1/2 Cups (420g) powdered sugar
* 1 Tbsp meringue powder
* 2 tsp vanilla extract
* 2 Tbsp whole milk or heavy whipping cream, room temperature
* 1/4 tsp salt, or to taste

### **METHOD OF PREPARATION**

1. With a hand mixer or paddle attachment on your stand mixer, cream the butter and shortening on medium-high until it’s creamy and light (almost white) in color. About 7 minutes.
2. Whisk the meringue powder into the powdered sugar. Then, with the mixer on low, add the meringue/powdered sugar mixture one cup at a time, scraping down after each addition and making sure each cup is fully incorporated before adding the next one.
3. Add vanilla, milk, and salt and mix on low for another minute until fully incorporated.

### **Notes:**

**Make Ahead Tips:** This buttercream can be made ahead and stored in an airtight container in the refrigerator for up to two weeks. When you’re ready to use it, bring it back to room temperature and re-whip in your stand mixer to bring back to smooth buttercream consistency.

**To Make It with Vegan Butter:** substitute an equal amount of vegan butter for the unsalted butter, omit the meringue powder, add 1 Tbsp vanilla instead of 2 tsp, add 1 Tbsp dairy-free milk instead of 2 Tbsp whole milk (my favorite is unsweetened coconut milk), and salt to taste.

**To Make It All-Shortening:** omit the butter and use 1 Cup of high ratio shortening, 1 Tbsp of vanilla (and ¼-½ tsp of any other flavorings you’d like, such as butter extract, almond extract, etc), 4 Tbsp of whole milk or non-dairy milk, and keep the salt amount the same.

**To Make It Extra White:** After all ingredients have been incorporated, add 1-2 tsp of [American coluor Bright White](https://amzn.to/2Tuc0fN) or icing whitener of your choice.

**CAKE FROSTING AND ICING (FOR DECORATING CAKES)**

## Italian Buttercream

### **Ingredients**

* 4 egg whites large, room temperature
* 1⅓ cups granulated sugar (267g)
* ¼ teaspoon salt optional
* 16 ounces unsalted butter (454g) room temperature cut into 1-inch pieces
* 1 teaspoon pure vanilla extract optional (4.9mL)
* ¼ teaspoon cream of tartar (0.84g)
* ⅓ cup water (79mL)

### **METHOD OF PREPARATION**

* Beat the egg whites, salt, and cream of tartar, slowly add in ⅓ cup of sugar and continue beating until soft peaks form.
* While the eggs are getting whipped add the remaining sugar and ⅓ cup of water into a medium pot and place on medium-low heat.
* Stir until sugar melts and becomes clear.
* Maintain at medium-high heat until temperature reads 235-240F.
* Drizzle the sugar into the mixer immediately. At this point the meringue should be at the soft peak stage.
* Run mixer until meringue is cool/tepid.
* Switch to a paddle attachment. Add room temperature butter into running mixer one tablespoon piece at a time.
* Add the salt and vanilla if using.
* Beat until butter is combined and mixture has reached a silky consistency.

### **Notes:**

* Eggs are easier to separate when cold, but egg whites whip up easier when closer to room temperature. I recommend separating them in advance if you have the time. In addition, allowing the egg whites to sit gives them a chance to relax, which improves their elasticity during the whipping process.
* It is essential to have a clean and dry bowl for whipping the egg whites. The egg whites cannot contain any egg yolk whatsoever. If the bowl is not completely clean or yolk-free, it prevents your meringue from setting up.
* If your equipment or bowl has grease on it, wipe down everything with lemon juice or vinegar.
* Monitor the temperature of your sugar syrup closely, you don’t want it to get too hot.
* Make sure you are using a medium pot as the sugar mixture will bubble as it heats up and will overflow out of a small pot.

**SWISS MERINGUE BUTTERCREAM**

All you need are 5 ingredients to make a creamy and silky smooth Swiss Meringue Buttercream. It is perfect for decorating, piping, or spreading over baked goods.

**Ingredients**

* 5 egg whites at room temperature
* 2 cups unsalted butter 452g, at room temperature
* 1 ½ cups granulated sugar 300g
* 1 pinch kosher salt
* 1 tsp vanilla extract

**Instructions**

* Add egg whites, sugar and salt in a bowl.
* Give the mixture a brief whisk.
* Place the bowl over a pan of simmering water. Make sure the water does not touch the bowl.
* Whisk the egg whites occasionally while it warms up. When the mixture has warmed, whisk it constantly. You will heat the mixture until it reaches an internal temperature of 160ºF or until it's not grainy between your fingers.
* Transfer the bowl to a stand mixer, mix with a whisk attachment until you get room temperature glossy peaks.
* Switch to a paddle attachment and while the mixture is running on low, add tablespoon sized dollops of room temperature butter making sure to let the butter incorporate before you add the next piece.
* Once all the butter is incorporated, go ahead and add the vanilla extract. You can transfer it to a piping bag or to a ziplock bag to store in the refrigerator or freezer.

**Notes:**

* It is essential to have a clean and dry bowl for whipping the egg whites. The egg whites cannot contain any egg yolk as well. If the bowl is not completely clean or yolk-free, it prevents your meringue from setting up.
* If your equipment or bowl has grease on it, wipe down everything with lemon juice or vinegar.
* Eggs are easier to separate when cold, but egg whites whip up easier when closer to room temperature. I recommend separating them in advance if you have the time. In addition, allowing the egg whites to sit gives them a chance to relax, which improves their elasticity during the whipping process.
* It is entirely normal for the SMBC to look soupy or curdled after adding the butter. Not to worry, just continue to let it whip, and it’ll come together at the end.
* If the mixture does not come together and stays curdled after 5 to 10 minutes, you can place the mixing bowl over a simmering pot to let the edges of the meringue warm up before continuing to mix it.
* Keep in mind that, like all buttercream, this recipe uses butter. This means if it is humid or hot, the buttercream will melt.
* If your mixer’s motor is starting to overheat, you can give the mixer a break by placing the whisk or paddle attachment in the mixing bowl and placing everything into the fridge for 20 to 30 minutes.

## Strawberry Buttercream

My favorite strawberry buttercream recipe for decorating cakes, cupcakes, and more! It's silky smooth, packed with strawberry flavor, the perfect amount of sweet, and the prettiest natural pink color ever.

### **Ingredients**

* 1 Cup (23g) freeze dried strawberries
* 1 Cup (226g) unsalted butter, room temperature
* 1 tsp pure vanilla extract
* 3 Tbsp (45ml) whole milk, room temperature
* 3 1/2 Cups (420g) powdered sugar
* 1/8 tsp salt, or to taste

### **Instructions**

1. With a food processor, grind the freeze-dried strawberries into a fine powder and set aside.
2. Whip the butter using a stand mixer with a paddle attachment on medium speed until it’s creamy and light in color, about 5 minutes. Add the strawberry powder, vanilla, and milk. Continue to mix on medium speed for 1 minute, scraping down the bowl and paddle afterwards.
3. Add the powdered sugar a few cups at a time and mix on low speed until fully incorporated, scraping down the bowl and paddle after each addition. Add the salt and continue mixing on low speed until the buttercream is fully combined and silky smooth.

### **Recipe Notes:**

**Make Ahead Tips:** This strawberry buttercream can be made ahead and stored in an airtight container in the refrigerator for up to two weeks. When you’re ready to use it, bring it back to room temperature and re-whip with your stand mixer on low for one minute to bring it back to frosting consistency.

**Quantity:** This recipe makes enough to fill and frost a double layer 6-inch cake or frost 12-15 cupcakes. Double the recipe to fill and frost a triple layer 6- or 8-inch cake.

**GERMAN BUTTERCREAM**

**Custard**

* 2 cups milk
* 3/4 cup sugar
* 4 egg yolks
* 3 tbsp cornstarch
* 3 tbsp flour
* 1/8 tsp salt

**Buttercream**

* 2 cups room temperature butter
* 1 cup powdered sugar use more for sweeter buttercream
* 1 tsp Vanilla Extract
* 1 tsp Vanilla Bean Paste

**Instructions**

**CUSTARD**

1. In a sauce pan whisk together milk (2cups), egg yolks (4) and sugar (3/4cup) and salt (1/8tsp). Pour about 1/2 of this mixture into a dish. Into it then add starch (3tbsp) and flour (3tbsp). Whisk well so there are no lumps. Pour flour/starch mixture into the remaining milk mixture into a sauce pan.
2. Cook on medium heat stirring constantly. Custard will gradually thicken.  I find it’s best to use a whisk. Once you see bubble to pop, reduce heat to low and simmer for 2-3 minutes.
3. Remove from the heat and strain through a fine mesh sieve. Cover tightly with a plastic wrap and let cool to room temperature.
4. To speed up cooling you can use a cold water bath. Or if you plan on making buttercream next day you can refrigerate covered custard overnight.

If refrigerating let custard come to room temperature before mixing with butter.  I like to microwave it on high in 5 second intervals, stirring gently after each heating.

**BLENDING CUSTARD AND BUTTER**

1. Beat room temperature unsalted butter (2cups, 4sticks) for 15 seconds. Then add powdered sugar (1cup, or use more if you prefer sweeter buttercream) and beat on low until fully incorporated into the butter. Increase the speed to medium and beat for 30 seconds.
2. Gradually add room temperature custard to butter, creaming well after each addition.

Once fully blended, beat in Vanilla Extract and/or Vanilla Bean Paste.

Beat on high for 10 seconds. German buttercream is ready.

Recipe Notes

**German Buttercream Storage:**

It’s okay to leave it at room temperature. It’s a fully cooked buttercream. Leave it at room temperature for up to 2 days.

Store in the fridge for up to a10 days. Let it come to room temperature and remix till smooth.

Freeze for up to 3 months. Let defrost, and remix before using.

**German Buttercream Uses**

* Filling for cream puff, cakes.
* Piped swirls on cupcakes, cakes etc.
* It pipes beautifully on cakes and cupcakes.
* If needed you can also ice the cake on the outside with this buttercream. I’ve done this in the past though I find it a bit more elastic than Swiss Buttercream.
* you can color this buttercream. .

## Vanilla Buttercream Frosting

This Vanilla Buttercream Frosting is creamy, sweet and easily adjustable! It’s a must-have recipe that’s super easy to make and pipes perfectly onto cakes and cupcakes!

### Ingredients

* 1/2 cup (115g) unsalted butter, room temperature
* 1/2 cup (95g) shortening (or additional butter)
* 4 cups (460g) powdered sugar
* 1 tsp vanilla extract
* 2–3 tbsp (30-45ml) water or heavy cream
* Salt, to taste

### **Instructions**

1. Combine the butter and shortening in a large mixer bowl and beat until smooth and creamy.
2. Add about half of the powdered sugar and mix until smooth and well combined.
3. Add the vanilla extract and 1 tablespoon of water or cream and mix until smooth and well combined.
4. Add the remaining powdered sugar and mix until smooth and well combined.
5. Add more water or cream until desired [consistency](https://www.lifeloveandsugar.com/get-right-frosting-consistency/) is reached, then add salt to taste.

### **Notes:**

For the salt, start by adding a pinch or two and add more to your taste. I wouldn’t suggest adding more than 1/8 tsp.

You can add different extracts to change up the flavor. You can also add 1/4-1/2 cup of cocoa and a little more liquid to get a chocolate icing. For a peanut butter icing, add 3/4 cup of peanut butter.

**Other buttercream frosting:**

1. 454g of salted butter
2. 900g of confectioners’ sugar
3. Little drop of milk or water
4. 5ml of any flavor of your choice

**American buttercream**:

* 900g powder sugar
* Salted butter 450g
* 2tsp of vanilla extract
* Milk little quantity

**OR**

* 4 sticks of butter or margarine
* 7 cups of powder sugar or icing sugar
* 4tsp of vanilla extract
* 5 +/- heavy whipping cream

**OR**

* 1 ½ cup of soften butter
* 4 cups of powder sugar
* 2tsp of almond extract
* 1tbsp of milk

**CHOCOLATE BUTTERCREAM**

* 1cup of butter or margarine
* 3cups of butter sugar or icing sugar
* ½ of coco powder
* Flavor 1tsp
* Milk little quantity

**NOTE:** make sure to cream butter and vanilla well then add your icing sugar, a little drop of milk (if is too thick).

##### **CHOCOLATE BUTTERCREAM RECIPE**

**Ingredients**

1 ½ cup of butter (3 sticks), softened

1 cup of unsweetened cocoa

5 cup of confectioners sugar ½ tsp of Nescafe powder

½ cup of heavy cream or milk

2 tsp of vanilla extract and ½ tsp of Nescafe powder

**Directions:**

* Cream the butter
* Sift with cocoa powder
* Cream together butter and cocoa powder until well combined
* Add vanilla extract
* Add the Nescafe or instant coffee powder to they heavy cream and combine well
* Add sugar and milk to cocoa mixture by adding 1 cup of sugar followed by a tbsp os milk  
  If frosting is too dry, add more milk, a tablespoon at a time until it reaches the right consistency. If it appears to wet and is too soft, add more confectioner’s sugar in small portions until it reaches the right consistency.

**CHOCOLATE GANACHE**

**Ingredients**

*  1 cup chocolate 175g, semisweet or bittersweet
* ½ cup cream 120mL

**Instructions**

* Chop chocolate roughly. If using chocolate chips you can skip this step or give them a few swipes with the knife. Chopping chocolate into finer pieces adds surface area and lets the hot liquid melt it with less additional heat and chance of burning. Place in medium bowl and set aside.
* Heat cream either on the stovetop or in the microwave until just about to boil.
* Pour cream over chocolate, cover bowl with a plate and set aside for a minute.
* Mix chocolate until dissolved and glossy. If there are a few pieces of chocolate left unmelted microwave at 50% power for about 10 seconds and mix again.

**Notes**: Chopping chocolate into finer pieces adds surface area and lets the hot liquid melt it with less additional heat and the chance of burning. I use a sharp chef’s knife, but a serrated knife is great if you have one as it prevents the chocolate bar from 44breaking into tiny shredded shards.

* Don’t burn your chocolate! If you need to microwave it, use short 10 second bursts at 50% power.
* If your ganache is too runny, let it cool down to set or add some more chopped chocolate in.
* Ganache thicker than desired can be heated up or mixed with more warm cream/any liquid you’d like.
* The lighter the chocolate, the less cream you’ll need. For example, white chocolate will need around 50% more chocolate or 50% less cream to yield the same results.
* Keep an eye on the heavy cream if you are microwaving it, as it could bubble over.

## EASY CHOCOLATE GANACHE RECIPE

This chocolate ganache recipe is so easy. Pour hot cream over chocolate and whisk! Depending on the temperature, you can make frosting, drips or even truffles. Ganache is a chocolate dessert staple!

## Ingredients

### **Firm Setting Ganache :1**

*  16 ounces (454 g) dark or semi-sweet chocolate
*  8 ounces (227 g) heavy whipping cream
*  1 teaspoon (1 tsp) fine salt
*  1 teaspoon (1 tsp) vanilla extract or any other extract

### **Soft Ganache Frosting:**

*  8 ounces (227 g) 60% high quality chocolate Such as Callebaut - about $8/lb
*  8 ounces (227 g) heavy whipping cream
*  1 teaspoon (1 tsp) fine salt
*  1 teaspoon (1 tsp) vanilla extract

### **White chocolate Ganache**

*  18 ounces (510 g) white chocolate
*  6 ounces (170 g) heavy whipping cream
*  1 ounces (1 tsp) fine sea salt

Nutella ganache recipe

* 7 ounces dark chocolate
* 3 ½ ounces milk chocolate
* 1 ½ cup of heavy cream
* Nutella 1cup + 2tbsp

**METHOD OF PREPAARATION**

Pour very hot heavy cream over the milk and dark chocolate, stir until it melt completely. Then let it rest afterwards add the Nutella and mix well set aside for 3hrs to firm completely. These can cover 3-4 inches cake layers.

## Instructions

#### **chocolate ganache Instructions**

* \*Note\* using a scale is recommended for accuracy and to ensure your ganache turns out.
* Weigh out your chocolate in a heat proof bowl
* Heat cream in a sauce pan until steam starts to rise from the surface but isn't boiling yet.
* Pour hot cream over the chocolate, push the chocolate down so that it's all under the surface of the cream and let it set for 5 minutes.
* Add salt and vanilla and whisk everything together until it's smooth. If any lumps remain, put the mixture in the microwave for 30 seconds and whisk again.

If you have an immersion blender you can use it to remove any remaining lumps as well for a super cream ganache

* Ganache can be kept in the refrigerator for 1 week for frozen for up to 6 months.

**Cream Cheese Frosting:**

Silky smooth and luscious, this Cream Cheese Frosting comes together in a few minutes with simple pantry staples. Perfect for icing cakes, cupcakes, cookies, and more!

**Ingredients**

*  ¾ cup unsalted butter room temperature (170g)
*  1 8-ounce block cream cheese room temperature (113g)
*  1 teaspoon vanilla extract
*  1 pinch kosher salt
*  4 to 6 cups powdered sugar sifted (480g-720g)

**Instructions**

* In a large mixing bowl or the bowl of a stand mixer with the paddle attachment, beat the butter on medium speed until creamy. Add the room temperature cream cheese, vanilla, and salt. Beat together on medium speed until very well combined, about 2 minutes.
* With the mixer on low speed, add the powdered sugar in a cup at a time. Mix until combined. If you’re wanting a thicker frosting, use all 6 cups.
* Scrape down the bowl. Beat on medium-low speed for 1 minute or until nice and fluffy. Transfer to a piping bag fitted with a decorative tip or spread over your favorite cake. This recipe makes enough frosting for 2 dozen cupcakes, 1 (8-inch) two-layer cake, or a 13x9-inch sheet cake.

**Notes:** By bringing the butter and cream cheese to room temperature before mixing, you ensure that the frosting will mix effortlessly and be lump-free. The best way to let your butter come to room temperature is to bring it out of the fridge 1 to 2 hours beforehand and allow it to sit on your kitchen counters. Softening the butter in the microwave will carry the risk of it melting and making the frosting runny. To speed up the process of the butter coming to room temperature, you can cube it instead of leaving the sticks whole.

* Try to use the best quality cream cheese available. Some generic brands of cream cheese may not be as thick, leading to a runny frosting.
* Do not skip sifting the powdered sugar. If there are clumps in the powdered sugar, the frosting will be lumpy.

**CHOCOLATE MIRROR GLAZE**

**Ingredient**

* Gelatin sheet (4) (swakee in chilled water)
* Granulated sugar 225g or 1cup full
* Water 125ml
* Chocolate 150g (convert the chocolate)
* Milk (35% heavy cream)
* Cocoa powder 30g

Directions

* Soak the gelatin sheet in chilled water (in a bowl)
* In a pot, pour 125ml of water add the sugar
* Boil over medium heat at 140℃ or 219℉ and remove from heat (you can just boil it for until the sugar dissolve from the heat.
* Add the chopped chocolate and stir until propre dissolve, next, add the cocoa powder and stir well to combine. Afterward, add the milk (35%) heavy cream and hand whisk to mix.

**NOTE:** when the mixture is at 60℃ that is not too hot not too warm, add the gelatin sheet (remove the sheet and squeeze the water out before adding it). Whisk to combine until smooth. Sift it to remove any lumbs. You can blend it with hand blender then sift it again then pour over your cake coated with ganache.

**CHOCOLATE MIRROR GLAZE FOR DECORATING CAKE**

* 2 ½ tbsp of water our into a small bowl, add 4tsp of gelatin powder and mixture set aside until needed.
* In a pot, add 1cup of cocoa powder, and 2/3 cup of water and continue to stir until well mix into paste.
* Afterward, add 2/3 cup of diary whipping cream and continue to stir until well combined
* Next, add the sugar (1cup) and continue to stir until well mixed. Let it boil for at least 2min (but stir while boiling to avoid lumbs).
* Remove From heat and add the gelatin and whisk well . pour into a bowl using a sieve and cover with a plastic wrap (let it touch the mixture.) and allow to cool.

**VICTORIA SANDWICH FROSTING**

**Ingredient measurement**

* Butter 250g
* icing sugar 150
* vanilla extract 1 tea spoon
* Jam as required

**METHOD OF PREPARATION**

* Beat the butter until milk and creamy
* Granulating beat in icing sugar
* Beat in vanilla extract if using it
* Spread the butter cream over the bottom of one sponge. Top it with jam and sandwich the second sponge on top.

**CREAM CHEESE FROSTING**

**Ingredient Measuremen**t

* Margarine (white butter, preferable) ¼ or (57g)
* Cream cheese 227g
* Icing sugar 2cup or 230g
* Pure vanilla extract 1tbsp 4g
* Finely grated lemon zest (outer yellow skin) optional 1tbsp

**METHOD OF PREPARATION**

In a clean bowl of mixer beat the cream cheese and margarine on low speed until it is well mixed. Add the icing sugar gradually, beat slowly smooth beat in vanilla extract and lemon zest and mix well.

**To Assemble**:

Place one cake layer onto your serving plate. Spread with about half the frosting, place the other half and coat the whole cake with frosting.

**CHOCOLATE MIRROR GALZE**

**Ingredient Measurement**

* Chocolate 700g
* Water 1 ¾ cups
* Sugar 600g
* Condensed milk
* Vanilla extract
* Powder gelatin 38g

**METHOD OF PREPARATION**

* Bloom the gelatin in cold water. This is quite a bite of gelatin so rather than sprinkle it on top of cold water, quickly stir them together. It should be a thick slurry
* Hit the water, sugar and condensed milk in sauce pan. bring it just to a boil and turn off the heat. Stir in vanilla and bloomed gelatin until it is fully dissolved
* Place the chocolate in a too many bowl and pour the hot liquid over it. Let the mixture sit for a few minute until the chocolate is fully melted. Using an immersion blender (or poured into a blender), process until it is very smooth. Be careful not to introduce bubbles since every minor imperfection will show on the surface. For the same reason, strain the glacage through a sieve to remove any stray particles.
* When the glacage has cooled to 90℉ (32℃), it is ready to pour over your entremets. Use a stand or cooling rack to position the entremets and collect the excess below. You can serve it for future pours.

To make coloured chocolate ganache

Pour 300g of” just” boiled ticked cream over 900g of white chocolate to melts a little then add any food gel colour of your choice and stir until smooth. At this point you can put in the microwave for 30sec, just so that any lumbs will melt completely. Cover the surface with a plastic wrap and keep it aside to cool for 3hrs or 3hrs-30minand then check for continuously.

## ****HOW TO FIX BUTTERCREAM****

When you’re altering buttercream consistency, it’s entirely possible to overdo it. The good news is that whether you make your buttercream too thick or too thin, it’s easy to fix.

### **If it’s Too Thick:**

You’ll know your buttercream is too thick if it’s ripping the cake layers while you’re trying to frost with it or the details look frayed when you pipe with it. To fix it, simply add room temperature milk, 1 tsp at a time, until the consistency is just right.

### **If it’s Too Thin or Runny:**

There are a few ways you’ll know your buttercream is too thin: it looks soupy, bulges out from between your cake layers when used as a filling, or the details droop when you try to pipe with it. Buttercream might end up too thin if you **add too much liquid** or if you’re **working in a warm kitchen**. Butter starts to break down above 75 degrees, so any environment above that will have an effect on your buttercream consistency.

To thicken your buttercream when you’ve added too much liquid, simply add more powdered sugar, 2-3 Tablespoons at a time, until the desired consistency is reached. If it’s more of a matter of the kitchen temperature being too warm, pop your buttercream into the refrigerator for about 10-15 minutes. Then, remix it in your stand mixer on low speed for a minute or two to bring it back together. The refrigeration should help the butter in the recipe firm up and stabilize the whole batch.

### **If it’s Filled with Air Bubbles:**

Sometimes when you’re making a batch of buttercream, extra air can get trapped inside, resulting in visible air bubbles throughout the mixture. This mostly happens when the buttercream is whipped on too high of a speed after adding the powdered sugar. To fix it, place the buttercream into an airtight container, let it rest at room temperature for about 20 minutes, then add it back into the bowl of your stand mixer and let it mix on low speed for about a minute. If you didn’t realize your buttercream had air bubbles in it until you started frosting the cake, fear not. Frost a super thin layer of buttercream, air bubbles and all, and place the cake into the refrigerator while you fix the rest of the buttercream using the process described in the paragraph above. By the time you’ve got a smooth buttercream to work with, your frosted cake should be chilled to the point where you can frost an additional layer of buttercream over the top and fill in all of the air pockets in the buttercream layer beneath.

To prevent air bubbles in the future, always mix on low speed from the time you add the powdered sugar until the end of the recipe. Low and slow is the ticket.

### **If it Looks Curdled:**

Typically, the buttercream becomes curdled if you start with butter that’s too soft or add milk that’s too cold. Both of these ingredients must be at room temperature for the buttercream to have a cohesive, smooth consistency. To fix it, place the entire batch of buttercream into the refrigerator for about 20 minutes, then re-mix it with your stand mixer for 2-3 minutes. It should look well-blended and smooth at this point.

### **If IT Feels Grainy OR Gritty:**

Buttercream looks and tastes gritty if you haven’t given the powdered sugar enough time to dissolve. The powdered sugar will dissolve easiest if you sift out any large lumps prior to adding it. To fix the grainy consistency, add 1-2 additional teaspoons of room temperature milk and mix the buttercream on low speed for an additional 1-2 minutes. This should help the powdered sugar dissolve completely.

**TYPE OF BUTTERCREAM CONSISTENCY**

There are three different consistencies of buttercream that each play a different role in cake decorating.

### Medium Consistency :It’s also the most versatile of all the consistencies – perfect for [filling and stacking a cake](https://sugarandsparrow.com/fill-and-stack-cake-layers/), [crumb coating](https://sugarandsparrow.com/crumb-coat/), [frosting a smooth buttercream finish](https://sugarandsparrow.com/smooth-buttercream-cake-tutorial/), and even [decorating cupcakes](https://sugarandsparrow.com/cupcake-decorating/) with piping tips.

### Thin Consistency: it is perfect for a few things: painting with buttercream, writing out a message, or for frosting a super thin final layer of buttercream onto your cake.

### Stiff Consistency: If you’re [piping buttercream flowers](https://sugarandsparrow.com/buttercream-flower-wreath-cake/), especially ones with petals that need to stand upright, or piping intricate designs like a [lambeth cake](https://sugarandsparrow.com/cherry-chip-cake-recipe/), you’ll need a stiff consistency buttercream.

Another time that stiff consistency comes in handy is [in the filling and stacking process](https://sugarandsparrow.com/fill-and-stack-cake-layers/), when you’re working with a soft filling that needs a piped buttercream dam around it to uphold the weight of the cake layers above. By slightly thickening your buttercream for the dam, it will be extra effective against the weight of gravity.

To create a stiff consistency buttercream, add powdered sugar to your batch of buttercream, 2-3 Tablespoons at a time, until the desired consistency is reached. Depending on how stive or thick you want it.