

# CAKES

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## SPONGE CAKES



# CAKE STUDIES

01

## KEY INGREDIENTS

The key Ingredients to make any Kind of cakes are: FLOUR, SUGAR, SHORTENING and EGGS.

You can also add many other ingredients as your unique flavor profile like: Milk, Brown sugar, Starches, Gums, Butter, Essences, Baking powder etc...

### 1. Which Flour to use for Bread and which for Cake?

- A) Generally you would want a high protein content flour for bread for proper gluten development and a lower protein content for cake to which gluten development is not so critical.
- B) Ideally Bread flour should contain between 11 % - 13 % protein
- C) And Cake flour would contain between 8 % - 9 %

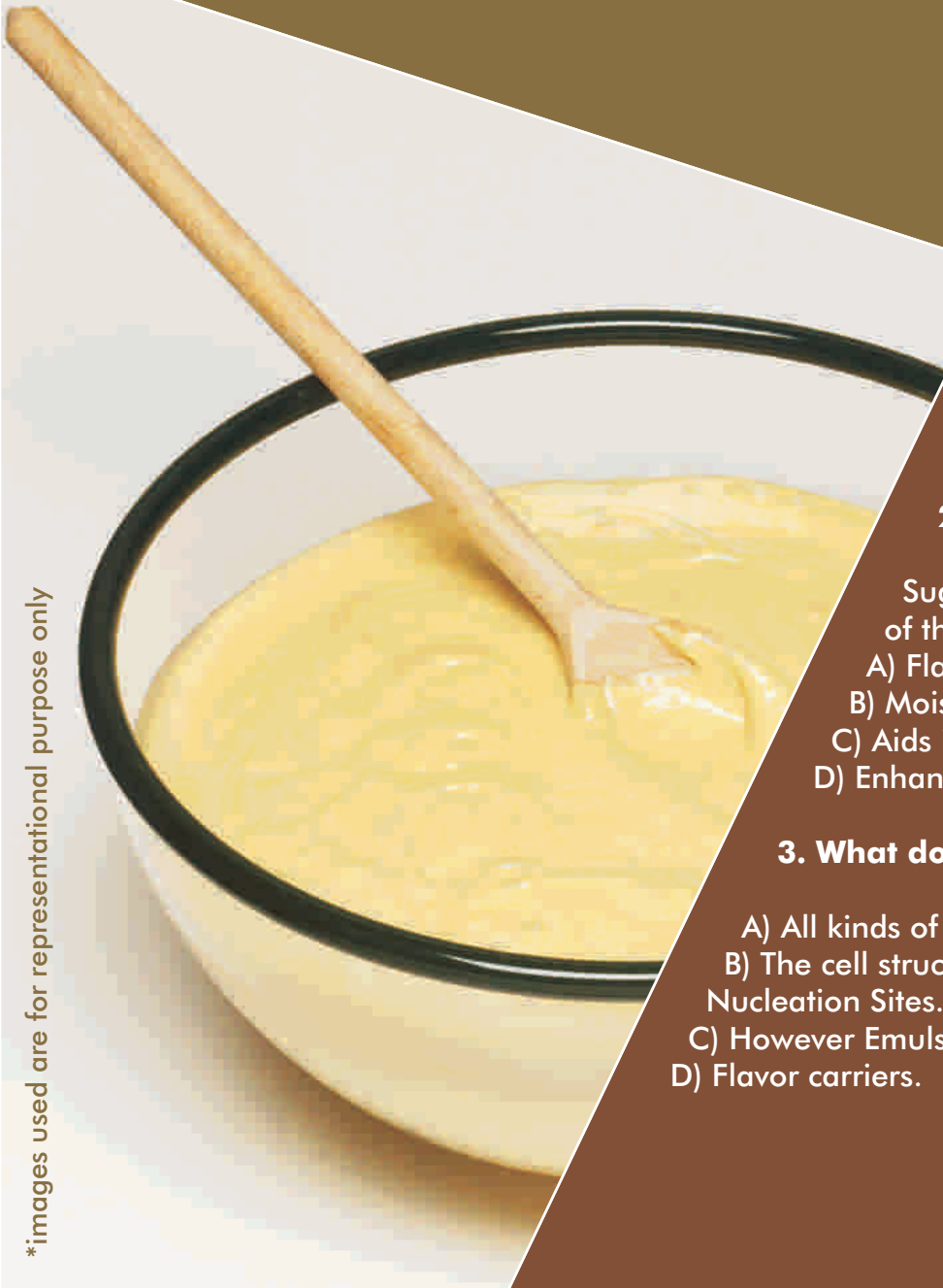
### 2. What is the Importance of Sugar in a cake batter?

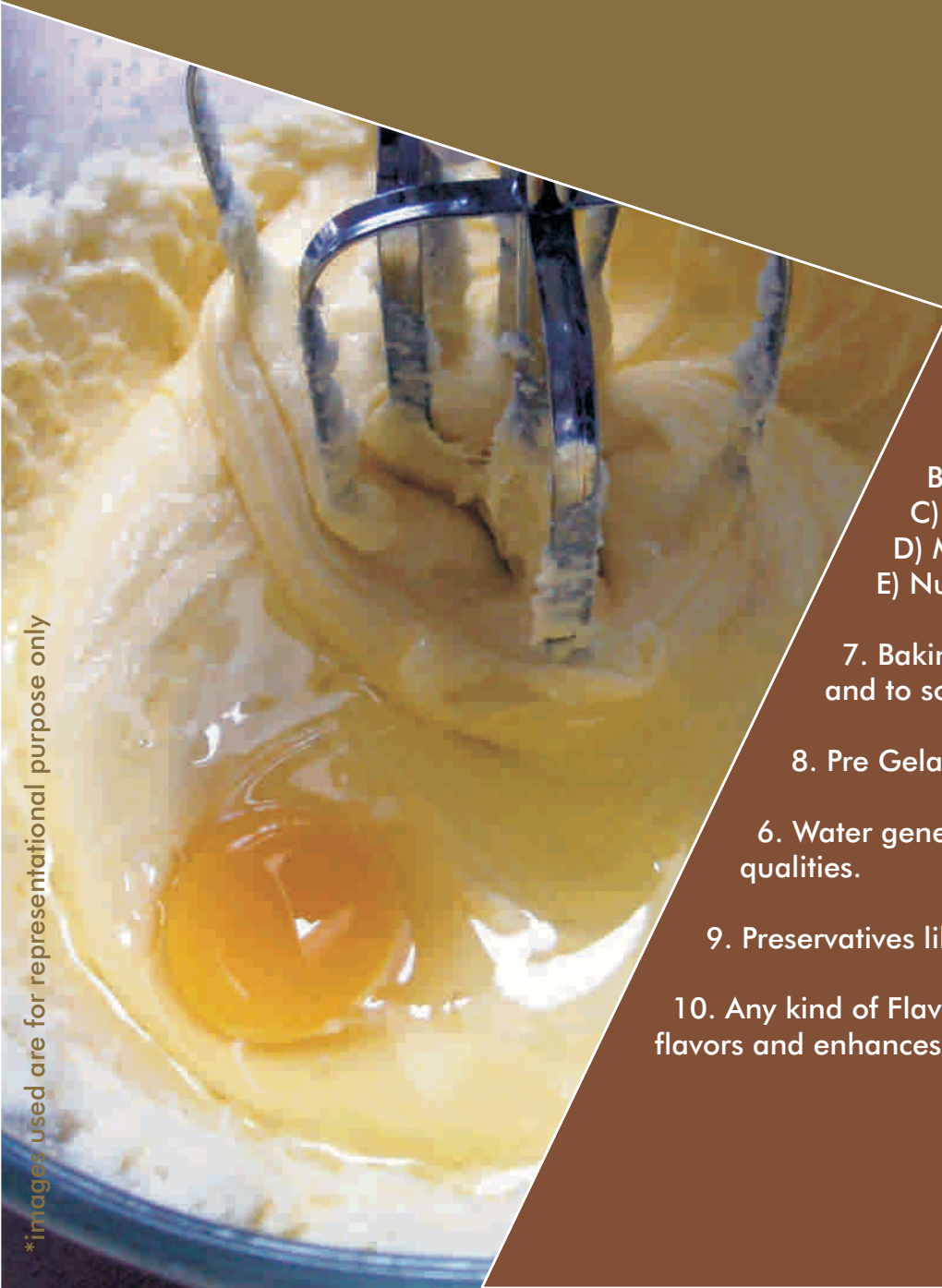
Sugar contributes to various Baking , Mixing and Eating characteristics of the cake.

- A) Flavor – Sweetness
- B) Moisture Retention – Extends shelf-life
- C) Aids in Crust color – Caramelization
- D) Enhances Tenderness

### 3. What does Shortening ideally contribute to?

- A) All kinds of Shortenings and Oils contribute to Tenderness primarily.
- B) The cell structure of the cake is initiated in the mixer in the shortening called Nucleation Sites.
- C) However Emulsifiers are used to accomplish proper aeration.
- D) Flavor carriers.





## 4. What are Eggs used for in a cake batter?

- A) Eggs primarily provide structure.
- B) Egg Yolks give Tenderness.
- C) While Egg whites Contribute to toughness in the formulation.
- D) Eggs contain a natural emulsifier called Lecithin.
- E) For flavor
- F) Nutritional Value
- G) Moistener

## 5. What is Milk used as in a cake formulation?

- A) It acts as a toughener primarily because of its protein content.
- B) It aids to crust color because of Lactose sugar present.
- C) Enhances Flavor.
- D) Moistener
- E) Nutritional Value

7. Baking powder is used to give Rise & Volume to the cake structure and to soften the cake.

8. Pre Gelatinized Starches are used to Increase Batter Viscosity.

6. Water generally adds to the structure of the product and moist eating qualities.

9. Preservatives like Sorbic Acid and Potassium Sorbate are added for Shelf Life.

10. Any kind of Flavors go with cake batters , as fats are good carriers of flavors and enhances the taste greatly.



# TYPES OF MIXING IN CAKES

03

CAKE MIXING

## 1 ) Single Stage Mixing –

- A) All Ingredients Introduced into the mixing bowl together.
- B) Mixing time is critical to control the cake characteristics.
- C) Advantages are Labor and Time saved.

## 2) Creaming Method –

- A) Shortening and Sugar are aerated to degrees of lightness and fluffiness.
- B) Egg products gradually added – creaming until light.
- C) Water added alternately with flour & remaining ingredients and mixed until smooth.

## 3) Blending Method –

- A) Flour and Shortening and introduced to the mixer and blended together till flour is coated with shortening.
- B) Add dry ingredients and portion of Liquids.
- C) Mix to smoothen eliminating any lumps and add the rest of the Liquid ingredients.

## 4) Multi-Stage Method –

- A) All dry Ingredients are placed into the mixing bowl with the sugar and shortening first.
- B) The liquid ingredients are added in stages, with mixing times applied between each addition.
- C) Scraping after each addition is needed.

## 5) Sugar / Water Method –

- A) Better Emulsification is obtained mixing sugar and water first.
- B) Then the rest of the ingredients are added.
- C) Provides Increased aeration and Reduces scraping.

# BAKING PROFILE FOR CAKES

04

BASIC LAWS OF BAKING

## 1) Excess Bake time at correct Temperature:

- A) Dark Crust color
- B) Thicker Crust
- C) Dried Crumb
- D) Shorter shelf life
- E) Greater Bake Loss
- F) Increased Shrinkage

## 2) Too short Bake time at correct Temperature:

- A) Lighter crust color
- B) Higher Moisture content
- C) Top centre may collapse
- D) Wet streaks beneath centre tops

## 3) Excess Baking temperature at correct time:

- A) Low volume
- B) Peaked centre's and possible cracks
- C) Darker crust color
- D) Moist crumb

## 4) Too low baking temperature at correct time:

- A) Excess volume
- B) Flatter tops
- C) Lighter crust color
- D) Greater moisture

## 5) How does a baker judge proper bake on his cakes?

- A) By touching the top centre of the cake for firmness
- B) By using a probe or a thermometer and sticking it into the top centre of the cake and check if it comes out dry and clean
- C) Wet would indicate more bake time is needed

# BANANA CAKE

05

## INGREDIENTS

1 cup White Sugar  
1/2 cup Butter, unsalted  
2 Eggs  
1 1/2 cup All Purpose Flour  
1 tsp. Vanilla Extract  
4 tbsp. Buttermilk  
1 tsp. Baking Soda  
3 Mashed bananas  
1 cup chopped nuts (pecans or walnut)  
1 pinch salt

Pre-heat oven at 175 degree Celsius. Grease and flour the cake pan.

In small bowl mix together flour, baking soda and salt.

Cream butter and sugar. Add egg yolks and vanilla extract beating well. Mix in the mashed bananas.

Add flour mixture alternately with the buttermilk to the creamed mixture.

Mix only to combine, and not too much. Stir in the nuts.

Beat the egg whites until stiff. Fold the batter in the egg whites. Pour the batter into the pans.

Bake at 175-degree celsius for 30 minutes or until test done. Remove from oven and cool.



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