

Large-Quantity Measurements

HARD ROLLS (P. 142)

Ingredients	U.S.	Metric
Bread flour	5 lb 8 oz	2500 g
Water	3 lb 4 oz	1480 g
Yeast, instant	1 oz	30 g
Salt	2 oz	55 g
Sugar	2 oz	55 g
Shortening	2 oz	55 g
Egg whites	2 oz	55 g
Total weight:	9 lb 5 oz	4230 g

VIENNA BREAD (P. 142)

Ingredients	U.S.	Metric
Bread flour	5 lb 8 oz	2500 g
Water	3 lb 4 oz	1480 g
Yeast, instant	1 oz	30 g
Salt	2 oz	55 g
Sugar	2.5 oz	75 g
Malt syrup	1 oz	25 g
Oil	2.5 oz	75 g
Eggs	3.5 oz	100 g
Total weight:	9 lb 8 oz	4340 g

ITALIAN BREAD (P. 143)

Ingredients	U.S.	Metric
Bread flour	7 lb	3000 g
Water	4 lb 4 oz	1840 g
Yeast, instant	1 oz	27 g
Salt	2 oz	60 g
Malt syrup	0.5 oz	15 g
Total weight:	11 lb 7 oz	4942 g

VARIATION**WHOLE WHEAT ITALIAN BREAD**

Use the following proportions of flour in the above formula.

Ingredients	U.S.	Metric
Whole wheat flour	3 lb	1300 g
Bread flour	4 lb	1700 g

Increase the water to 63–65% to allow for the extra absorption by the bran. Mix 8 minutes.

BAGUETTE (P. 146)

Ingredients	U.S.	Metric
Bread flour	6 lb 6 oz	3000 g
Salt	2 oz	60 g
Yeast, instant	0.75 oz	24 g
Water	4 lb 2 oz	1950 g
Total weight:	10 lb 10 oz	5034 g

FRENCH BREAD (STRAIGHT DOUGH) (P. 144)

Ingredients	U.S.	Metric
Bread flour	7 lb	3000 g
Water	4 lb 8 oz	1920 g
Yeast, instant	1 oz	27 g
Salt	2 oz	60 g
Malt syrup	0.5 oz	15 g
Sugar	2 oz	50 g
Shortening	2 oz	50 g
Total weight:	11 lb 15 oz	5122 g

VARIATION

WHOLE WHEAT FRENCH BREAD

Use the following proportions of flour in the above formula.

Ingredients	U.S.	Metric
Whole wheat flour	3 lb	1300 g
Bread flour	4 lb	1700 g

Increase the water to 63–64% to allow for the extra absorption by the bran. Mix 8 minutes.

FRENCH BREAD (SPONGE) (P. 145)

Ingredients	U.S.	Metric
Sponge		
Bread flour	2 lb	1000 g
Water	2 lb	1000 g
Yeast, instant	0.67 oz	20 g
Malt syrup	1 oz	30 g
Dough		
Bread flour	4 lb	2000 g
Water	2 lb	1000 g
Salt	1.75 oz	52 g
Total weight:	10 lb 1 oz	5102 g

VARIATION

COUNTRY-STYLE FRENCH BREAD

Use the following proportions of flour and water in the dough stage of the above formula.

Ingredients	U.S.	Metric
Clear or bread flour	1 lb 8 oz	740 g
Whole wheat flour	2 lb 8 oz	1260 g
Water	2 lb 2 oz	1040 g

Make up the dough into round loaves.

CUBAN BREAD (P. 146)

Ingredients	U.S.	Metric
Bread flour	6 lb	3000 g
Water	3 lb 12 oz	1860 g
Yeast, instant	1.5 oz	45 g
Salt	2 oz	60 g
Sugar	4 oz	120 g
Total weight:	10 lb 3 oz	5085 g

CIABATTA (P. 147)

Ingredients	U.S.	Metric
Sponge		
Bread flour	4 lb	1800 g
Water	4 lb 4 oz	1920 g
Yeast, instant	1.33 oz	37 g
Virgin olive oil	3 oz	80 g
Dough		
Salt	2 oz	60 g
Bread flour	2 lb	880 g
Total weight:	10 lb 11 oz	4777 g

WHITE PAN BREAD (P. 148)

Ingredients	U.S.	Metric
Bread flour	5 lb	2000 g
Water	3 lb	1200 g
Yeast, instant	1 oz	26 g
Salt	2 oz	50 g
Sugar	3 oz	75 g
Nonfat milk solids	4 oz	100 g
Shortening	3 oz	75 g
Total weight:	8 lb 13 oz	3526 g

VARIATION

WHOLE WHEAT BREAD

Use the following proportions of flour in the above formula.

Ingredients	U.S.	Metric
Bread flour	2 lb	800 g
Whole wheat flour	3 lb	1200 g

WHITE PAN BREAD (SPONGE) (P. 148)

Ingredients	U.S.	Metric
Sponge		
Flour	4 lb	2000 g
Water	2 lb 12 oz	1350 g
Yeast, instant	0.75 oz	24 g
Malt syrup	0.5 oz	15 g
Dough		
Flour	2 lb	1000 g
Water	14 oz	450 g
Salt	2 oz	60 g
Nonfat milk solids	3 oz	90 g
Sugar	5 oz	150 g
Shortening	3 oz	90 g
Total weight:	10 lb 8 oz	5229 g

SOFT ROLLS (P. 149)

Ingredients	U.S.	Metric
Bread flour	5 lb 4 oz	2500 g
Water	3 lb 2 oz	1500 g
Yeast, instant	1 oz	30 g
Salt	1.5 oz	50 g
Sugar	8 oz	240 g
Nonfat milk solids	4 oz	120 g
Shortening	4 oz	120 g
Butter	4 oz	120 g
Total weight:	9 lb 12 oz	4680 g

EGG BREAD AND ROLLS (P. 149)

Ingredients	U.S.	Metric
Bread flour	5 lb 4 oz	2500 g
Water	2 lb 10 oz	1250 g
Yeast, instant	1 oz	30 g
Salt	1.5 oz	50 g
Sugar	8 oz	240 g
Nonfat milk solids	4 oz	120 g
Shortening	4 oz	120 g
Butter	4 oz	120 g
Eggs	8 oz	240 g
Total weight:	9 lb 12 oz	4670 g

100% WHOLE WHEAT BREAD (P. 150)

Ingredients	U.S.	Metric
Whole wheat flour	6 lb 8 oz	3000 g
Water	4 lb 8 oz	2070 g
Yeast, instant	1 oz	30 g
Sugar	2 oz	60 g
Malt syrup	2 oz	60 g
Nonfat milk solids	3 oz	90 g
Shortening	4 oz	120 g
Salt	2 oz	60 g
Total weight:	11 lb 14 oz	5490 g

CHALLAH (P. 150)

Ingredients	U.S.	Metric
Bread flour	5 lb	2000 g
Water	2 lb	800 g
Yeast, instant	1 oz	25 g
Egg yolks	1 lb	400 g
Sugar	6 oz	150 g
Malt syrup	0.5 oz	10 g
Salt	1.5 oz	38 g
Vegetable oil	8 oz	250 g
Total weight:	9 lb 1 oz	3673 g

MILK BREAD (PAIN AU LAIT) (P. 151)

Ingredients	U.S.	Metric
Bread flour	6 lb 12 oz	3000 g
Sugar	10 oz	300 g
Salt	2.25 oz	60 g
Yeast, instant	1 oz	30 g
Eggs	10 oz	300 g
Milk	3 lb 6 oz	1500 g
Butter or margarine	15 oz	450 g
Malt syrup	1 oz	30 g
Total weight:	12 lb 9 oz	5670 g

LIGHT AMERICAN RYE BREAD AND ROLLS (P. 151)

Ingredients	U.S.	Metric
Light rye flour	2 lb	1000 g
Bread flour or clear flour	3 lb	1400 g
Water	3 lb	1400 g
Yeast, instant	1 oz	30 g
Salt	1.5 oz	45 g
Shortening	2 oz	60 g
Molasses or malt syrup	2 oz	60 g
Caraway seeds (optional)	1 oz	30 g
Rye flavor	1 oz	30 g
Total weight:	8 lb 8 oz	4055 g

ONION RYE (P. 152)

Ingredients	U.S.	Metric
Light rye flour	1 lb 12 oz	700 g
Clear flour	3 lb 4 oz	1300 g
Water	3 lb	1200 g
Yeast, instant	1 oz	25 g
Dried onions, scaled, soaked in water, and well drained	4 oz	100 g
Salt	1.5 oz	40 g
Caraway seeds	1 oz	25 g
Rye flavor	1 oz	25 g
Malt syrup	2 oz	50 g
Total weight:	8 lb 10 oz	3465 g

VARIATION

ONION PUMPERNICKEL (NONSOUR)

Use the following proportions of flour in the above formula.

Ingredients	U.S.	Metric
Rye meal (pumpnickel flour)	1 lb	400 g
Medium rye flour	12 oz	300 g
Clear flour	3 lb 4 oz	1300 g
Dough may be colored with caramel color or cocoa powder.		

BASIC YEAST STARTER (BIGA) (P. 154)

Ingredients	U.S.	Metric
Bread flour	3 lb 12 oz	1800 g
Water	2 lb 4 oz	1080 g
Yeast, instant	0.06 oz	2 g
Total weight:	6 lb 1 oz	2918 g

RYE STARTER I (P. 154)

Ingredients	U.S.	Metric
Rye flour	5 lb	2000 g
Water	3 lb 12 oz	1500 g
Yeast, instant	0.4 oz	10 g
Onion, halved (optional)	1	1
Total weight:	8 lb 12 oz	3500 g

RYE STARTER II (P. 154)

Ingredients	U.S.	Metric
Rye flour	4 lb	2000 g
Water, warm (85°–90°F/30°–35°C)	4 lb	2000 g
Yeast, instant	0.32 oz	10 g
Total weight:	8 lb	4010 g

OLD-FASHIONED RYE BREAD (P. 156)

Ingredients	U.S.	Metric
Water	3 lb	1200 g
Fermented Rye Starter I or II	3 lb 8 oz	1440 g
Clear flour	6 lb	2400 g
Yeast, instant	0.33 oz	8.5 g
Salt	2 oz	50 g
Total weight:	12 lb 10 oz	5098 g

Optional

Caraway seeds	up to 1.5 oz	up to 35 g
Molasses or malt syrup	up to 3 oz	up to 70 g
Caramel color	up to 1.5 oz	up to 35 g

PUMPERNICKEL BREAD (P. 157)

Ingredients	U.S.	Metric
Water	3 lb	1500 g
Fermented Rye Starter I or II (p. 154)	2 lb 8 oz	1260 g
Rye meal (pumpernickel)	1 lb 4 oz	600 g
Clear flour	4 lb 12 oz	2400 g
Yeast, instant	0.5 oz	15 g
Salt	2 oz	60 g
Malt syrup	1 oz	30 g
Molasses	2 oz	60 g
Caramel color (optional)	1.5 oz	45 g
Total weight:	11 lb 15 oz	5970 g

FRENCH RYE (P. 160)

Ingredients	U.S.	Metric
Rye Starter II (p. 154)	6 lb	3000 g
Bread flour	1 lb	500 g
Salt	1.25 oz	40 g
Total weight:	7 lb 1 oz	3540 g

PAIN DE CAMPAGNE (COUNTRY-STYLE BREAD) (P. 160)

Ingredients	U.S.	Metric
Rye Starter II (p. 154)	1 lb 2 oz	600 g
Bread flour	4 lb 8 oz	2400 g
Rye flour	1 lb 2 oz	600 g
Salt	1.75 oz	60 g
Yeast, instant	0.5 oz	15 g
Water	3 lb 12 oz	1950 g
Lard or goose fat (optional)	1.75 oz	60 g
Total weight:	10 lb 12 oz	5645 g

ENGLISH MUFFINS (P. 163)

Ingredients	U.S.	Metric
Bread flour	4 lb	2000 g
Yeast, instant	0.33 oz	10 g
Water	3 lb	1500 g
Salt	1 oz	30 g
Sugar	1 oz	30 g
Nonfat milk solids	1.5 oz	45 g
Shortening	1 oz	30 g
Total weight:	7 lb 4 oz	3645 g

BAGELS (P. 164)

Ingredients	U.S.	Metric
High-gluten flour	4 lb	2000 g
Water	2 lb 4 oz	1120 g
Yeast, instant	0.64 oz	20 g
Diastatic malt powder	0.4 oz	12 g
Salt	1 oz	30 g
Total weight:	6 lb 6 oz	3198 g

OLIVE FOCACCIA (P. 165)

Ingredients	U.S.	Metric
Bread flour	6 lb	3000 g
Water	3 lb 12 oz	1875 g
Yeast, instant	0.5 oz	15 g
Salt	2 oz	60 g
Olive oil	3.5 oz	100 g
Chopped, pitted oil-cured black olives	2 lb 3 oz	1105 g
Total weight:	12 lb 5 oz	6155 g

HERB FOCACCIA (SPONGE METHOD) (P. 166)

Ingredients	U.S.	Metric
Sponge		
Flour	2 lb	925 g
Water	1 lb 8 oz	675 g
Yeast, instant	0.25 oz	7 g
Flour	5 lb	2275 g
Water	3 lb 8 oz	1600 g
Yeast, instant	0.25 oz	7 g
Salt	2 oz	60 g
Olive oil	4 oz	125 g
Rosemary and salt (see Makeup)		
Total weight	12 lb 6 oz	5674 g

CHESTNUT BREAD (P. 167)

Ingredients	U.S.	Metric
High-gluten flour	2 lb 13 oz	1350 g
Chestnut flour	15 oz	450 g
Water	2 lb 4 oz	1080 g
Yeast, instant	1.2 oz	36 g
Salt	1.5 oz	45 g
Butter	1.75 oz	54 g
Total weight:	6 lb 4 oz	3015 g

PROSCIUTTO BREAD (P. 167)

Ingredients	U.S.	Metric
Bread flour	3 lb	1500 g
Water	1 lb 11 oz	855 g
Yeast, instant	0.33 oz	10 g
Salt	1 oz	30 g
Rendered lard or prosciutto fat	3 oz	90 g
Basic Yeast Starter (p. 154) or fermented dough	10 oz	300 g
Prosciutto, chopped or diced into small pieces	10 oz	300 g
Total weight:	6 lb 3 oz	3085 g

OLIVE BREAD (P. 168)

Ingredients	U.S.	Metric
Bread flour	3 lb 12 oz	1800 g
Whole wheat flour	8 oz	240 g
Rye flour	12 oz	360 g
Yeast, instant	0.4 oz	12 g
Water	3 lb 2 oz	1480 g
Salt	1.5 oz	50 g
Olive oil	4 oz	120 g
Basic Yeast Starter (p. 154) or fermented dough	8 oz	240 g
Pitted black olives, whole or halved	1 lb 8 oz	720 g
Total weight:	10 lb 7 oz	5022 g

CRUMPETS (P. 168)

Ingredients	U.S.	Metric
Water, warm	3 lb 12 oz	1650 g
Yeast, instant	1 oz	30 g
Bread flour	3 lb 6 oz	1500 g
Salt	1 oz	30 g
Sugar	0.4 oz	10 g
Baking soda	0.16 oz	4.5 g
Water, cold	15 oz	420 g
Total weight:	8 lb 3 oz	3640 g

SWEET ROLL DOUGH (P. 187)

Ingredients	U.S.	Metric
Butter, margarine, or shortening	1 lb	400 g
Sugar	1 lb	400 g
Salt	1.5 oz	40 g
Nonfat milk solids	4 oz	100 g
Eggs	12 oz	300 g
Bread flour	4 lb	1600 g
Cake flour	1 lb	400 g
Yeast, instant osmotolerant	1.6 oz	40 g
Water	2 lb	800 g
Total weight:	10 lb 3 oz	4080 g

RICH SWEET DOUGH (P. 188)

Ingredients	U.S.	Metric
Milk, scalded and cooled	2 lb	800 g
Yeast, instant osmotolerant	1.6 oz	40 g
Bread flour	2 lb 8 oz	1000 g
Butter	2 lb	800 g
Sugar	1 lb	400 g
Salt	1.5 oz	40 g
Eggs	1 lb 4 oz	500 g
Bread flour	2 lb 8 oz	1000 g
Total weight:	11 lb 7 oz	4580 g

VARIATIONS**STOLLEN**

Ingredients	U.S.	Metric
Almond extract	0.5 oz	10 g
Lemon rind, grated	0.5 oz	10 g
Vanilla extract	0.5 oz	10 g

Raisins (light, dark, or a mixture)	1 lb	600 g
Mixed glacéed fruit	1 lb 12 oz	700 g

Add almond extract, lemon rind, and vanilla extract to the butter and sugar during the blending stage. Knead the raisins and mixed glacéed fruit into the dough.

BABKA

Ingredients	U.S.	Metric
Vanilla extract	0.5 oz	10 g
Cardamom	0.25 oz	5 g
Raisins	1 lb	400 g

Add the vanilla and cardamom to the butter during blending. Knead the raisins into the dough.

HOT CROSS BUNS (P. 190)

Ingredients	U.S.	Metric
Sweet Roll Dough (p. 187)	10 lb	5000 g
Dried currants	1 lb	1250 g
Golden raisins	8 oz	625 g
Mixed candied peel, diced	4 oz	300 g
Ground allspice	4 tsp	10 g
Total weight:	11 lb 12 oz	7185 g

BABA/SAVARIN DOUGH (P. 190)

Ingredients	U.S.	Metric
Milk, scalded and cooled	1 lb	480 g
Yeast, instant	1 oz	30 g
Bread flour	10 oz	300 g
Eggs	1 lb 4 oz	600 g
Bread flour	1 lb 14 oz	900 g
Sugar	1 oz	30 g
Salt	0.8 oz	24 g
Butter, melted	1 lb	500 g
Total weight:	5 lb 14 oz	2864 g

BRIOCHE (P. 192)

Ingredients	U.S.	Metric
Milk, scalded and cooled	8 oz	250 g
Yeast, instant osmotolerant	0.65 oz	20 g
Bread flour	8 oz	250 g
Eggs	1 lb 4 oz	600 g
Bread flour	2 lb	950 g
Sugar	2 oz	60 g
Salt	0.8 oz	24 g
Butter, softened	1 lb 8 oz	720 g
Total weight:	5 lb 15 oz	2874 g

DANISH PASTRY DOUGH (BRIOCHE-STYLE) (P. 195)

Ingredients	U.S.	Metric
Milk	1 lb 6 oz	675 g
Yeast, fresh	4 oz	120 g
Bread flour	4 lb 14 oz	2400 g
Eggs	10 oz	300 g
Butter, melted	4.5 oz	150 g
Salt	1 oz	30 g
Sugar	4.5 oz	150 g
Milk	7.5 oz	225 g
Butter, softened	3 lb	1500 g
Total weight:	11 lb 3 oz	5550 g

CROISSANTS (P. 196)

Ingredients	U.S.	Metric
Milk	2 lb	900 g
Sugar	2 oz	60 g
Salt	1 oz	30 g
Butter, softened	6 oz	160 g
Bread flour	3 lb 8 oz	1600 g
Yeast, instant	0.8 oz	22 g
Butter	2 lb	900 g
Total weight:	8 lb 2 oz	3672 g

DANISH PASTRY (P. 197)

Ingredients	U.S.	Metric
Butter	10 oz	250 g
Sugar	12 oz	300 g
Nonfat milk solids	4 oz	100 g
Salt	1.5 oz	40 g
Cardamom or mace (optional)	0.16 oz (2 tsp)	4 g
Whole eggs	1 lb	400 g
Egg yolks	4 oz	100 g
Bread flour	4 lb	1600 g
Cake flour	1 lb	400 g
Yeast, instant osmotolerant	1.6 oz	40 g
Water	2 lb	800 g
Butter (for rolling in)	2 lb 8 oz	1000 g
Total weight:	12 lb 9 oz	5034 g

CINNAMON SUGAR (P. 197)

Ingredients	U.S.	Metric
Sugar	2 lb	1000 g
Cinnamon	2 oz	60 g
Total weight:	2 lb 2 oz	1060 g

STREUSEL OR CRUMB TOPPING (P. 198)

Ingredients	U.S.	Metric
Butter and/or shortening	1 lb	500 g
Granulated sugar	10 oz	300 g
Brown sugar	8 oz	250 g
Salt	0.16 oz (1 tsp)	5 g
Cinnamon or mace	0.08–0.16 oz (1–2 tsp)	2.5–5 g
Pastry flour	2 lb	1000 g
Total weight:	4 lb 2 oz	2060 g

APRICOT GLAZE I (P. 198)**Yield:** 3 lb 4 oz (3760 g)

Ingredients	U.S.	Metric
Apricots, canned	2 lb	1000 g
Apples	2 lb	1000 g
Sugar	3 lb 12 oz	1900 g
Water	2 oz	50 g
Sugar	4 oz	100 g
Pectin	1.33 oz	40 g

APRICOT GLAZE II (P. 198)**Yield:** 1 lb 12 oz (880 g)

Ingredients	U.S.	Metric
Apricot preserves	2 lb	1000 g
Water	8 oz	250 g

LEMON CHEESE FILLING (P. 199)

Ingredients	U.S.	Metric
Cream cheese	1 lb 4 oz	600 g
Sugar	4 oz	120 g
Grated lemon zest	0.4 oz (5 tsp)	12 g
Total weight:	1 lb 8 oz	732 g

DATE, PRUNE, OR APRICOT FILLING (P. 199)

Yield: about 6 lb (3000 g)

Ingredients	U.S.	Metric
Dates, prunes (pitted), or dried apricots	4 lb	2000 g
Sugar	12 oz	400 g
Water	2 lb	1000 g

ALMOND FILLING I (FRANGIPANE) (P. 199)

Ingredients	U.S.	Metric
Almond paste	2 lb	1000 g
Sugar	2 lb	1000 g
Butter and/or shortening	1 lb	500 g
Pastry or cake flour	8 oz	250 g
Eggs	8 oz	250 g
Total weight:	6 lb	3000 g

ALMOND CREAM (CRÈME D'AMANDE) (P. 200)

Ingredients	U.S.	Metric
Butter	12 oz	360 g
Fine granulated sugar	12 oz	360 g
Grated lemon zest	0.12 oz (1½ tsp)	4 g
Whole eggs	6.67 oz (4 eggs)	200 g
Egg yolks	2.67 oz (4 yolks)	80 g
Vanilla extract	8 drops	8 drops
Powdered almonds	12 oz	360 g
Cake flour	4 oz	120 g
Total weight:	3 lb	1480 g

APPLE COMPOTE FILLING (P. 200)

Yield: about 4 lb (2 kg), or 2 lb 4 oz (1100 g) drained

Ingredients	U.S.	Metric
Apples, peeled and cored	2 lb 4 oz	1100 g
Butter	10 oz	300 g
Sugar	1 lb	480 g
Water	8 oz	240 g

CINNAMON RAISIN FILLING (P. 201)

Ingredients	U.S.	Metric
Powdered almonds	14 oz	400 g
Sugar	8 oz	240 g
Maple syrup	4 oz	120 g
Egg whites	8 oz	240 g
Cinnamon	1.33 oz	40 g
Raisins, golden	7 oz	200 g
Total weight:	2 lb 10 oz	1240 g

PECAN MAPLE FILLING (P. 201)

Ingredients	U.S.	Metric
Powdered hazelnuts	14 oz	400 g
Sugar	8 oz	240 g
Egg whites	8 oz	240 g
Maple syrup	4 oz	120 g
Pecans, finely sliced or chopped	8 oz	240 g
Total weight:	2 lb 10 oz	1240 g

HAZELNUT FILLING (P. 202)

Ingredients	U.S.	Metric
Hazelnuts, toasted and ground	1 lb	500 g
Sugar	2 lb	1000 g
Cinnamon	0.5 oz	15 g
Eggs	6 oz	190 g
Cake crumbs	2 lb	1000 g
Milk	1–2 lb	500–1000 g
Total weight:	6 lb 6 oz to 7 lb 6 oz	3205 g to 3705 g

CHOCOLATE FILLING (P. 202)

Ingredients	U.S.	Metric
Sugar	1 lb	400 g
Cocoa	6 oz	150 g
Cake crumbs	3 lb	1200 g
Eggs	4 oz	100 g
Butter, melted	6 oz	150 g
Vanilla	1 oz	25 g
Water (as needed)	12 oz	300 g
Total weight:	5 lb 13 oz	2425 g

HONEY PAN GLAZE (FOR CARAMEL ROLLS) (P. 203)

Ingredients	U.S.	Metric
Brown sugar	2 lb 8 oz	100 g
Butter, margarine, or shortening	1 lb	400 g
Honey	10 oz	250 g
Corn syrup or malt syrup	10 oz	250 g
Water (as needed)	4 oz	100 g
Total weight:	5 lb	2000 g

CRANBERRY DROP SCONES (P. 224)

Ingredients	U.S.	Metric
Butter	1 lb 2 oz	560 g
Sugar	15 oz	470 g
Salt	0.75 oz	22 g
Egg yolks	4 oz (6 yolks)	120 g
Pastry flour	4 lb 8 oz	2250 g
Baking powder	3.75 oz	112 g
Milk	2 lb 10 oz	1300 g
Dried cranberries	12 oz	380 g
Total weight:	10 lb 7 oz	5214 g

CHOCOLATE CAKE DOUGHNUTS (P. 237)

Ingredients	U.S.	Metric
Shortening	6 oz	180 g
Sugar	1 lb	500 g
Salt	0.5 oz	15 g
Nonfat milk solids	3 oz	90 g
Vanilla extract	1 oz	30 g
Whole eggs	6 oz	180 g
Egg yolks	2 oz	60 g
Cake flour	2 lb 8 oz	1500 g
Bread flour	1 lb 8 oz	500 g
Cocoa powder	5 oz	155 g
Baking powder	2 oz	60 g
Baking soda	0.4 oz (2 ² / ₃ tsp)	13 g
Water	2 lb 2 oz	1060 g
Total weight:	8 lb 11 oz	4343 g

RICH VANILLA SPICE DOUGHNUTS (P. 238)

Ingredients	U.S.	Metric
Bread flour	1 lb 8 oz	750 g
Cake flour	1 lb 8 oz	750 g
Baking powder	1.5 oz	45 g
Nutmeg	0.4 oz (2 tbsp)	12 g
Cinnamon	0.12 oz (2 tsp)	4 g
Salt	0.6 oz (1 tbsp)	18 g
Whole eggs	10 oz	310 g
Egg yolks	2 oz	60 g
Sugar	1 lb 4 oz	630 g
Milk	1 lb 3 oz	600 g
Vanilla extract	1.5 oz	45 g
Butter, melted	6 oz	190 g
Total weight:	6 lb 13 oz	3414 g

FRITTER BATTER I (P. 239)

Ingredients	U.S.	Metric
Pastry flour	2 lb 4 oz	1000 g
Sugar	2 oz	60 g
Salt	0.5 oz	15 g
Baking powder	0.5 oz	15 g
Eggs, beaten	1 lb 2 oz	500 g
Milk	2 lb	900 g
Oil	2 oz	60 g
Vanilla extract	0.33 oz (2 tsp)	10 g
Total weight:	5 lb 11 oz	2560 g

FRITTER BATTER II (P. 240)

Ingredients	U.S.	Metric
Bread flour	1 lb 8 oz	750 g
Cake flour	8 oz	250 g
Salt	0.5 oz	15 g
Sugar	1 oz	30 g
Milk	2 lb 4 oz	1125 g
Egg yolks, beaten	4 oz	125 g
Oil	4 oz	125 g
Egg whites	8 oz	250 g
Total weight:	5 lb 5 oz	2670 g

FRENCH DOUGHNUTS (BEIGNETS SOUFLÉS) (P. 240)

Ingredients	U.S.	Metric
Milk	1 lb 14 oz	750 g
Butter	12 oz	300 g
Salt	0.5 oz	15 g
Sugar	0.5 oz	15 g
Bread flour	1 lb 2 oz	450 g
Eggs	1 lb 8 oz	600 g
Total weight:	5 lb 5 oz	2130 g

BEIGNETS DE CARNIVAL (P. 241)

Ingredients	U.S.	Metric
Bread flour	1 lb 5 oz	600 g
Sugar	1.5 oz	45 g
Salt	0.5 oz	15 g
Egg yolks	6 oz	180 g
Light cream	6 oz	180 g
Kirsch	1.5 oz	45 g
Rose water	1 oz	30 g
Total weight:	2 lb 5 oz	1095 g

VIENNOISE (P. 242)

Ingredients	U.S.	Metric
Brioche dough (p. 192)	5 lb	2400 g
Egg wash	as needed	as needed
Red currant jelly	14 oz	400 g

CANNOLI SHELLS (P. 243)

Ingredients	U.S.	Metric
Bread flour	1 lb 8 oz	700 g
Pastry flour	1 lb 8 oz	700 g
Sugar	4 oz	120 g
Salt	0.15 oz (2/3 tsp)	4 g
Butter	8 oz	240 g
Egg, beaten	6.5 oz	200 g
Dry white wine or Marsala	1 lb	500 g
Total weight:	5 lb 2 oz	2464 g

RICOTTA CANNOLI FILLING (P. 243)

Ingredients	U.S.	Metric
Ricotta impastata (see p. 74)	4 lb	2000 g
Confectioners' sugar	2 lb	1000 g
Cinnamon extract	1 oz	30 g
Candied citron, candied citrus peel, or candied pumpkin, finely diced	6 oz	180 g
Sweet chocolate, finely chopped, or tiny chocolate bits	4 oz	120 g
Total weight:	6 lb 11 oz	3530 g

VANILLA SYRUP (P. 258)

Ingredients	U.S.	Metric
Water	1 lb 12 oz	800 g
Sugar	1 lb 8 oz	720 g
Vanilla bean, split	2	2
Total weight:	3 lb 4 oz (about 2 1/4 pt)	1520 g (about 1300 mL)

COCOA VANILLA SYRUP (P. 259)

Ingredients	U.S.	Metric
Water	1 lb	500 g
Sugar	1 lb	500 g
Vanilla bean	2	2
Cocoa powder	4 oz	125 g
Total weight:	2 lb 4 oz (about 30 fl oz)	1125 g (about 1 L)

COFFEE RUM SYRUP (P. 259)

Ingredients	U.S.	Metric
Sugar	10 oz	260 g
Water	10 oz	260 g
Ground coffee	0.67 oz	20 g
Rum	14 oz	360 g
Total weight:	2 lb 2 oz (29–31 fl oz)	900 g (770–800 mL)

VARIATIONS**COFFEE SYRUP**

Ingredients	U.S.	Metric
Coffee liqueur	6.5 oz	160 g

Omit the rum in the basic formula and add the coffee-flavored liqueur.

RUM SYRUP

Ingredients	U.S.	Metric
Water	12 oz	300 g
Sugar	10.5 oz	260 g
Dark rum	2 oz	60 g

Omit the coffee in the basic formula and adjust the ingredient quantities as listed above.

VANILLA CRÈME DIPLOMAT (P. 270)

Ingredients	U.S.	Metric
Milk	1 pt 8 oz	750 g
Vanilla bean, split	1	1
Egg yolks	4 oz	120 g
Fine granulated sugar	3 oz	90 g
Cake flour	2 oz	60 g
Cornstarch	1.5 oz	45 g
Orange liqueur, such as Grand Marnier	3 oz	90 g
Crème Chantilly (p. 261)	1 lb 4 oz	600 g
Total weight:	3 lb 9 oz	1755 g

VARIATION**CHOCOLATE CRÈME DIPLOMAT**

Ingredients	U.S.	Metric
Bittersweet chocolate, finely chopped	7 oz	210 g

Omit the orange liqueur from the basic formula. Stir the dark chocolate into the hot pastry cream in step 4. Stir until the chocolate is completely melted and well mixed.

CRÈME CHANTILLY (P. 261)

Ingredients	U.S.	Metric
Heavy cream or crème fraîche	2 pt	1000 g
Confectioners' sugar	5 oz	155 g
Vanilla extract	2 tsp	10 mL
Total weight:	2 lb 5 oz	1165 g

PASSION FRUIT GANACHE (P. 273)

Ingredients	U.S.	Metric
Heavy cream	12 oz	360 g
Passion fruit juice	12 oz	360 g
Butter	6 oz	180 g
Egg yolks	5 oz	150 g
Sugar	6 oz	180 g
Bittersweet or semisweet chocolate, chopped	1 lb 5 oz	645 g
Total weight:	3 lb 14 oz	1875 g

CARAMEL SAUCE (P. 276)

Yield: 1½ qt (1.5 L)

Ingredients	U.S.	Metric
Sugar	2 lb	1 kg
Water	8 fl oz	250 mL
Lemon juice	1 tbsp	15 mL
Heavy cream	1.5 pt	750 mL
Milk or additional cream	1.5 pt	500 mL

PIE DOUGH (P. 287)

Ingredients	Flaky Pie Dough		Mealy Pie Dough	
	U.S.	Metric	U.S.	Metric
Pastry flour	5 lb	2000 g	5 lb	2000 g
Shortening, regular	3 lb 8 oz	1400 g	3 lb 4 oz	1300 g
Water, cold	1 lb 8 oz	600 g	1 lb 4 oz	500 g
Salt	1.5 oz	40 g	1.5 oz	40 g
Sugar (optional)	4 oz	100 g	4 oz	100 g
Total weight:	10 lb 5 oz	4140 g	9 lb 13 oz	3940 g

ENRICHED PIE PASTRY (P. 287)

Ingredients	U.S.	Metric
Pastry flour	3 lb	1500 g
Sugar	8 oz	250 g
Butter	1 lb 8 oz	750 g
Egg yolks	4 oz	120 g
Water, cold	12 oz	375 g
Salt	0.5 oz	15 g
Total weight:	6 lb	3010 g

RAISIN PIE FILLING (P. 297)

Yield: about 10½ lb (4.8 kg)
 Six 8-in. (20-cm) pies Five 9-in. (23-cm) pies
 Four 10-in. (25-cm) pies

Ingredients	U.S.	Metric
Raisins	4 lb	1800 g
Water	4 pt	2000 mL
Water, cold	8 oz	250 mL
Cornstarch	2.5 oz	75 g
<i>or</i>		
Modified starch (waxy maize)	2 oz	60 g
Sugar	1 lb 4 oz	570 g
Salt	0.33 oz (2 tsp)	10 g
Lemon juice	3 oz	90 mL
Grated lemon zest	0.1 oz (1 tbsp)	3 g
Cinnamon	0.06 oz (1 tsp)	2 g
Butter	3 oz	90 g

PEACH SOUR CREAM
PIE FILLING (P. 299)

Yield: 5 lb (4500 g)
 Five 8-in. (20-cm) pies Four 9-in. (23-cm) pies
 Three 10-in. (25-cm) pies

Ingredients	U.S.	Metric
Sour cream	2 lb	1000 g
Sugar	1 lb	500 g
Cornstarch	2 oz	60 g
Eggs, beaten	13 oz	400 g
Vanilla extract	2 tsp	8 mL
Nutmeg	½ tsp	2 mL
Fresh peaches, sliced	4 lb	2000 g
Streusel (p. 198)	1 lb 8 oz	720 g

CUSTARD PIE FILLING (P. 301)

Yield: 8 lb (3.7 kg)
 Five 8-in. (20-cm) pies
 Four 9-in. (23-cm) pies
 Three 10-in. (25-cm) pies

Ingredients	U.S.	Metric
Eggs	2 lb	900 g
Sugar	1 lb	450 g
Salt	0.17 oz (1 tsp)	5 g
Vanilla extract	1 oz	30 mL
Milk	5 pt	2400 mL
Nutmeg	0.7–.14 oz (1–2 tsp)	2–3 g

FRESH APPLE PIE FILLING I (P. 298)

Yield: about 12 lb (5300 g)
 Six 8-in. (20-cm) pies Five 9-in. (23-cm) pies
 Four 10-in. (25-cm) pies

Ingredients	U.S.	Metric
Apples, peeled and sliced	10 lb	4500 g
Butter	5 oz	150 g
Sugar	15 oz	450 g
Water, cold	10 oz	300 g
Cornstarch	3.75 oz	120 g
<i>or</i>		
Modified starch (waxy maize)	2.5 oz	75 g
Sugar	1 lb	500 g
Salt	0.3 oz (1 tsp)	5 g
Cinnamon	0.3 oz (5 tsp)	5 g
Nutmeg	0.1 oz (1¼ tsp)	2.5 g
Lemon juice	1.67 oz	50 g
Butter	1.25 oz	35 g

VARIATIONS**FRESH APPLE PIE FILLING II**

Ingredients	U.S.	Metric
Water	1 lb	500 g

Omit the first quantity of butter. Instead, simmer the apples in water and the first quantity of sugar as in the basic cooked fruit method, using the quantity of water listed above.

APPLE GINGER PIE FILLING

Ingredients	U.S.	Metric
Ground ginger	0.15 oz (1¼ tsp)	2.5 g
Candied ginger, finely chopped	3.5 oz	100 g

Prepare as for Fresh Apple Pie Filling I or II, but omit the cinnamon and instead add ground and candied ginger.

APPLE WALNUT PIE FILLING

Ingredients	U.S.	Metric
Chopped walnuts	12 oz	375 g

Mix the walnuts into Fresh Apple Pie Filling I or II.

RHUBARB PIE FILLING

Ingredients	U.S.	Metric
Fresh rhubarb	7 lb	3200 g

Substitute the rhubarb, cut into 1-in. (2.5-cm) pieces, for the apples. Omit the cinnamon, nutmeg, and lemon juice.

PECAN PIE FILLING (P. 301)

Yield: 7 lb (3.3 kg) filling plus 1 lb 4 oz (570 g) pecans
 Five 8-in. (20-cm) pies Four 9-in. (23-cm) pies
 Three 10-in. (25-cm) pies

Ingredients	U.S.	Metric
Granulated sugar	1 lb 12 oz	800 g
Butter	8 oz	230 g
Salt	0.2 oz	6 g
Eggs	1 lb 12 oz	800 g
Dark corn syrup	3 lb (about 34 fl oz)	1400 g
Vanilla extract	1 oz	30 g
Pecans	1 lb 4 oz	569 g

PUMPKIN PIE FILLING (P. 302)

Yield: about 17 lb (8 kg)
 Ten 8-in. (20-cm) pies Eight 9-in. (23-cm) pies
 Six 10-in. (25-cm) pies

Ingredients	U.S.	Metric
Pumpkin purée	6 lb 10 oz (1 No. 10 can or 4 No. 2½ cans)	3000 g
Pastry flour	4 oz	120 g
Cinnamon	0.5 oz	15 g
Nutmeg	0.08 oz (1 tsp)	2 g
Ginger	0.08 oz (1 tsp)	2 g
Cloves	0.04 oz (½ tsp)	1 g
Salt	0.5 oz	15 g
Brown sugar	2 lb 8 oz	1150 g
Eggs	2 lb 8 oz	1200 g
Corn syrup or half corn syrup and half molasses	8 oz	240 g
Milk	5 pt	2400 mL

KEY LIME PIE FILLING (P. 303)

Yield: 6 lb (3000 g)
 Five 8-in. (20-cm) pies Four 9-in. (23-cm) pies
 Three 10-in. (25-cm) pies

Ingredients	U.S.	Metric
Egg yolks, pasteurized	10 oz	320 g
Sweetened condensed milk	3 lb 8 oz	1600 g
Freshly squeezed key lime juice	1 lb 4 oz	600 g

VANILLA CREAM PIE FILLING (P. 304)

Yield: about 2¼ qt (2.25 L) or 6 lb 4 oz (3.1 kg)
Five 8-in. (20-cm) pies Four 9-in. (23-cm) pies
Three 10-in. (25-cm) pies

Ingredients	U.S.	Metric
Milk	4 pt	2000 mL
Sugar	8 oz	250 g
Egg yolks	6 oz	180 g
Whole eggs	8 oz	240 g
Cornstarch	5 oz	150 g
Sugar	8 oz	250 g
Butter	4 oz	125 g
Vanilla extract	1 oz	30 mL

VARIATIONS

CHOCOLATE CREAM PIE FILLING I

Ingredients	U.S.	Metric
Unsweetened chocolate	4 oz	125 g
Semisweet chocolate	4 oz	125 g

Melt together the unsweetened and sweet chocolate and mix into the hot vanilla cream filling.

CHOCOLATE CREAM PIE FILLING II

Ingredients	U.S.	Metric
Milk	3 lb 8 oz (3½ pt)	1750 mL
Sugar	8 oz	250 g
Egg yolks	6 oz	180 g
Whole eggs	8 oz	240 g
Cold milk	8 oz	250 g
Cornstarch	5 oz	150 g
Cocoa	3 oz	90 g
Sugar	8 oz	250 g
Butter	4 oz	125 g
Vanilla extract	1 fl oz	30 mL

This variation uses cocoa instead of chocolate. The cocoa is sifted with the starch. Some of the milk must be included with the eggs to provide enough liquid to make a paste with the starch and cocoa. Follow the procedure in the basic formula, but use the above ingredients.

VARIATIONS CONTINUED

BUTTERSCOTCH CREAM PIE FILLING

Ingredients	U.S.	Metric
Brown sugar	2 lb	1000 g
Butter	10 oz	300 g

Combine the brown sugar and butter in a saucepan. Heat over low heat, stirring, until the butter is melted and the ingredients are blended. Prepare the basic vanilla cream filling formula, but omit all the sugar and increase the starch to 6 oz (180 g). As the mixture comes to a boil in step 5, gradually stir in the brown sugar mixture. Finish as in the basic formula.

LEMON PIE FILLING

Ingredients	U.S.	Metric
Water	4 pt	2000 mL
Sugar	1 lb	500 g

Egg yolks	10 oz	300 g
Cornstarch	6 oz	180 g
Sugar	8 oz	250 g
Lemon zest, grated	0.5 oz	15 g

Butter	4 oz	125 g
Lemon juice	8 fl oz	250 mL

Follow the procedure for vanilla cream filling, but use the above ingredients. Note the lemon juice is added after the filling is thickened.

PUMPKIN CHIFFON PIE FILLING (P. 309)

Yield: 7 lb 12 oz (3.4 kg)
Six 8-in. (20-cm) pies Five 9-in. (23-cm) pies
Four 10-in. (25-cm) pies

Ingredients	U.S.	Metric
Pumpkin purée	2 lb 8 oz	1200 g
Brown sugar	1 lb 4 oz	600 g
Milk	12 oz	350 g
Egg yolks	12 oz	350 g
Salt	0.2 oz (1 tsp)	5 g
Cinnamon	0.25 oz (3½ tsp)	7 g
Nutmeg	0.16 oz (2 tsp)	4 g
Ginger	0.08 oz (1 tsp)	2 g
Gelatin	1 oz	30 g
Water, cold	8 oz	240 mL
Egg whites, pasteurized	1 lb	450 g
Sugar	1 lb	450 g

VARIATION

PUMPKIN CREAM CHIFFON PIE FILLING

For a creamier filling, reduce the egg whites to 12 oz (350 g). Whip 1 pt (500 mL) heavy cream and fold it in after the meringue.

STRAWBERRY RHUBARB PIE FILLING (P. 305)

Yield: 10 lb 8 oz (5000 g)
Five 8-in. (20-cm) pies Four 9-in. (23-cm) pies
Three 10-in. (25-cm) pies

Ingredients	U.S.	Metric
Rhubarb, fresh or frozen, in 1-in. (2.5-cm) pieces	2 lb 8 oz	1200 g
Sugar	1 lb 8 oz	720 g
Water	8 oz	240 g
Egg yolks	5.33 oz	160 g
Heavy cream	8 oz	240 g
Cornstarch	3 oz	90 g
Fresh strawberries, hulled and quartered	2 lb	1000 g

STRAWBERRY CHIFFON PIE FILLING (P. 308)

Yield: 6 lb 8 oz (3 kg)
Six 8-in. (20-cm) pies Five 9-in. (23-cm) pies
Four 10-in. (25-cm) pies

Ingredients	U.S.	Metric
Frozen sweetened strawberries	4 lb	1800 g
Salt	0.2 oz (1 tsp)	5 g
Cornstarch	1 oz	30 g
Water, cold	4 oz	120 mL
Gelatin	1 oz	30 g
Cold water	8 oz	240 mL
Lemon juice	1 oz	30 mL
Egg whites, pasteurized	1 lb	450 g
Sugar	12 oz	350 g

VARIATIONS

STRAWBERRY CREAM CHIFFON PIE FILLING

For a creamier filling, reduce the egg whites to 12 oz (350 g). Whip 1 pt (500 mL) heavy cream and fold it in after the meringue.

RASPBERRY CHIFFON PIE FILLING

Substitute raspberries for strawberries in the basic recipe.

PINEAPPLE CHIFFON PIE FILLING

Use 3 lb (1.4 kg) crushed pineapple. Mix the drained juice with an additional 1 pt (500 mL) pineapple juice and add 8 oz (240 g) sugar.

CHOCOLATE CHIFFON PIE FILLING (P. 309)

Yield: 7 lb (3.2 kg)
Six 8-in. (20-cm) pies Five 9-in. (23-cm) pies
Four 10-in. (25-cm) pies

Ingredients	U.S.	Metric
Unsweetened chocolate	10 oz	300 g
Water	1 pt 8 oz	750 mL
Egg yolks	1 lb	450 g
Sugar	1 lb	450 g
Gelatin	1 oz	30 g
Water, cold	8 oz	240 mL
Egg whites, pasteurized	1 lb 4 oz	580 g
Sugar	1 lb 8 oz	700 g

VARIATION

CHOCOLATE CREAM CHIFFON PIE FILLING

For a creamier filling, reduce the egg white to 1 lb (450 g). Whip 1 pt (500 mL) heavy cream and fold it in after the meringue.

LEMON CHIFFON PIE FILLING (P. 310)

Yield: 7 lb (3.2 kg)
Six 8-in. (20-cm) pies Five 9-in. (23-cm) pies
Four 10-in. (25-cm) pies

Ingredients	U.S.	Metric
Water	1 pt 8 oz	750 mL
Sugar	8 oz	240 g
Egg yolks	12 oz	350 g
Water, cold	4 oz	120 mL
Cornstarch	3 oz	90 g
Sugar	8 oz	240 g
Lemon zest, grated	0.5 oz	15 g
Gelatin	1 oz	30 g
Water, cold	8 oz	250 mL
Lemon juice	12 oz	350 mL
Egg whites, pasteurized	1 lb	450 g
Sugar	1 lb	450 g

VARIATIONS

LIME CHIFFON PIE FILLING

Substitute lime juice and zest for the lemon juice and zest.

ORANGE CHIFFON PIE FILLING

Make the following ingredient adjustments: Use orange juice instead of water in step 1. Omit the first 8 oz (240 g) sugar. Substitute orange zest for the lemon zest. Reduce the lemon juice to 4 oz (120 mL).

PÂTE BRISÉE (P. 317)

Ingredients	U.S.	Metric
Pastry flour	1 lb 8 oz	800 g
Salt	0.6 oz	20 g
Sugar	0.6 oz	20 g
Butter, chilled	12 oz	400 g
Eggs	8 oz	260 g
Water	1.2 oz	40 g
Vanilla extract	8 drops	8 drops
Lemon zest, grated	0.25 oz	8 g
Total weight:	2 lb 14 oz	1548 g

PÂTE SABLÉE (P. 317)

Ingredients	U.S.	Metric
Butter, softened	1 lb 8 oz	600 g
Confectioners' sugar	12 oz	300 g
Salt	0.12 oz (½ tsp)	3 g
Lemon zest, grated	0.12 oz	4 g
Vanilla extract	8 drops	8 drops
Egg, beaten	4 oz	100 g
Pastry flour	2 lb 4 oz	900 g
Total weight:	4 lb 12 oz	1904 g

VARIATION**CHOCOLATE PÂTE SABLÉE**

Ingredients	U.S.	Metric
Butter	1 lb 8 oz	600 g
Confectioners' sugar	12 oz	300 g
Grated orange zest	0.33 oz	8 g
Eggs, beaten	8 oz	200 g
Pastry flour	1 lb 12 oz	700 g
Cocoa powder	4 oz	120 g

Substitute the above ingredients and follow the basic procedure. Sift the flour with the cocoa.

PÂTE SUCRÉE (P. 318)

Ingredients	U.S.	Metric
Butter, softened	13 oz	432 g
Confectioners' sugar	8 oz	264 g
Salt	0.12 oz (¾ tsp)	4 g
Lemon zest, grated	0.12 oz (1½ tsp)	4 g
Vanilla extract	8 drops	8 drops
Eggs, beaten	6 oz	200 g
Pastry flour	1 lb 8 oz	800 g
Total weight:	3 lb 3 oz	1704 g

SHORT DOUGH I (P. 318)

Ingredients	U.S.	Metric
Butter or butter and shortening	2 lb	1000 g
Sugar	12 oz	375 g
Salt	0.25 oz	8 g
Eggs	9 oz	280 g
Pastry flour	3 lb	1500 g
Total weight:	6 lb 5 oz	3163 g

ALMOND SHORT DOUGH (P. 319)

Ingredients	U.S.	Metric
Butter	2 lb	800 g
Sugar	1 lb 8 oz	600 g
Salt	0.4 oz (2½ tsp)	10 g
Powdered almonds	1 lb 4 oz	500 g
Eggs	6.5 oz	165 g
Vanilla extract	0.2 oz (1¼ tsp)	5 g
Pastry flour	2 lb 8 oz	1000 g
Total weight:	7 lb 11 oz	3080 g

VARIATION**LINZER DOUGH I**

Ingredients	U.S.	Metric
Cinnamon	0.25 oz (4½ tsp)	6 g
Nutmeg	0.04 oz (½ tsp)	1 g

Use ground hazelnuts, ground almonds, or a mixture of the two. Mix in the cinnamon and nutmeg with the salt in step 1.

SHORT DOUGH II (P. 318)

Ingredients	U.S.	Metric
Butter	1 lb 4 oz	600 g
Sugar	14 oz	400 g
Salt	0.25 oz	8 g
Vanilla powder	0.25 oz	8 g
Powdered almonds	4 oz	120 g
Eggs	7 oz	200 g
Pastry flour	2 lb 2 oz	1000 g
Total weight:	4 lb 15 oz	2336 g

CLASSIC PUFF PASTRY (PÂTE FEUILLETÉE CLASSIQUE) (P. 322)

Ingredients	U.S.	Metric
Bread flour	3 lb	1500 g
Salt	1 oz	30 g
Butter, melted	8 oz	225 g
Water	1 lb 8 oz	750 g
Butter, for rolling in	1 lb 12 oz	900 g
Total weight:	6 lb 13 oz	3405 g

ORDINARY PUFF PASTRY (P. 323)

Ingredients	U.S.	Metric
Bread flour	3 lb	1500 g
Cake flour	1 lb	500 g
Butter, softened	8 oz	250 g
Salt	1 oz	30 g
Water, cold	2 lb 4 oz	1125 g
Butter	4 lb	2000 g
Bread flour	8 oz	250 g
Total weight:	11 lb 5 oz	5655 g

ALMOND MERINGUES (P. 346)

Ingredients	U.S.	Metric
Egg whites	1 lb	500 g
Fine granulated sugar	1 lb	500 g
Powdered almonds	1 lb	500 g
Total weight:	3 lb	1500 g

SUCCÈS (P. 348)

Ingredients	U.S.	Metric
Egg whites	1 lb 2 oz	540 g
Granulated sugar	12 oz	360 g
Powdered almonds	12 oz	360 g
Confectioners' sugar	12 oz	360 g
Cake flour	3 oz	90 g
Total weight:	3 lb 9 oz	1710 g

YELLOW BUTTER CAKE (P. 396)

Ingredients	U.S.	Metric
Butter	2 lb 4 oz	1100 g
Sugar	3 lb	1450 g
Salt	0.5 oz	15 g
Eggs	1 lb 11 oz	810 g
Cake flour	3 lb 12 oz	1800 g
Baking powder	2.5 oz	72 g
Milk	2 lb 8 oz	1200 g
Vanilla extract	1 oz	30 g
Total weight:	13 lb 7 oz	6477 g

VARIATION**PAN SPREAD***For one sheet pan:*

Ingredients	U.S.	Metric
Brown sugar	1 lb	450 g
Granulated sugar	6 oz	170 g
Corn syrup or honey	4 oz	120 g
Water (as needed)		

Cream together the first three ingredients. Thin with water to spreading consistency.

CHOCOLATE BUTTER CAKE (P. 397)

Ingredients	U.S.	Metric
Butter	2 lb	1000 g
Sugar	3 lb 8 oz	1725 g
Salt	0.75 oz	22 g
Unsweetened chocolate, melted	1 lb	500 g
Eggs	1 lb 8 oz	750 g
Cake flour	3 lb	1500 g
Baking powder	2 oz	60 g
Milk	1 lb 8 oz	750 g
Vanilla extract	1 oz	30 g
Total weight:	12 lb 11 oz	6337 g

SACHER MIX II (P. 400)

Ingredients	U.S.	Metric
Butter, softened	13.5 oz	400 g
Fine granulated sugar	11 oz	330 g
Egg yolks	12 oz	360 g
Egg whites	1 lb 2 oz	540 g
Fine granulated sugar	6 oz	180 g
Cake flour	4 oz	120 g
Cocoa powder	4 oz	120 g
Powdered almonds, toasted	5.5 oz	165 g
Total weight:	4 lb 10 oz	2215 g

WHITE CAKE (P. 402)

Ingredients	U.S.	Metric
Cake flour	3 lb	1500 g
Baking powder	3 oz	90 g
Salt	1 oz	30 g
Emulsified shortening	1 lb 8 oz	750 g
Sugar	3 lb 12 oz	1875 g
Skim milk	1 lb 8 oz	750 g
Vanilla extract	0.75 oz (4½ tsp)	20 g
Almond extract	0.36 oz (2¼ tsp)	10 g
Skim milk	1 lb 8 oz	750 g
Egg whites	2 lb	1000 g
Total weight:	13 lb 9 oz	6775 g

DEVIL'S FOOD CAKE (P. 403)

Ingredients	U.S.	Metric
Cake flour	3 lb	1500 g
Cocoa	8 oz	250 g
Salt	1 oz	30 g
Baking powder	1.5 oz	45 g
Baking soda	1 oz	30 g
Emulsified shortening	1 lb 12 oz	870 g
Sugar	4 lb	2000 g
Skim milk	2 lb	1000 g
Vanilla extract	0.75 oz (4½ tsp)	20 g
Skim milk	1 lb 8 oz	750 g
Eggs	2 lb	1000 g
Total weight:	15 lb	7495 g

GENOISE MOUSSELINE (P. 406)

Ingredients	U.S.	Metric
Whole eggs	1 lb 14 oz	900 g
Egg yolks	4 oz (6 yolks)	120 g (6 yolks)
Sugar	1 lb 2 oz	540 g
Cake flour, sifted	1 lb 2 oz	540 g
Total weight:	4 lb 6 oz	2100 g

MILK AND BUTTER SPONGE (P. 408)

Ingredients	U.S.	Metric
Sugar	2 lb 8 oz	1250 g
Whole eggs	1 lb 8 oz	750 g
Egg yolks	8 oz	250 g
Salt	0.5 oz	15 g
Cake flour	2 lb	1000 g
Baking powder	1 oz	30 g
Skim milk	1 lb	500 g
Butter	8 oz	250 g
Vanilla extract	1 oz	30 g
Total weight:	8 lb 2 oz	4075 g

JOCONDE SPONGE CAKE (BISCUIT JOCONDE) (P. 409)

Ingredients	U.S.	Metric
Powdered almonds	14 oz	340 g
Confectioners' sugar	12 oz	300 g
Cake flour	4 oz	100 g
Whole eggs	1 lb 3 oz	480 g
Egg whites	13 oz	320 g
Sugar	1.6 oz	40 g
Butter, melted	5 oz	120 g
Total weight:	4 lb 5 oz	1700 g

ALMOND CHOCOLATE SPONGE (P. 414)

Ingredients	U.S.	Metric
Marzipan	13 oz	390 g
Egg yolks	8 oz	240 g
Egg whites	12 oz	360 g
Sugar	5 oz	150 g
Cake flour	4 oz	120 g
Cocoa powder	4 oz	120 g
Butter, melted	4 oz	120 g
Total weight:	3 lb 2 oz	1500 g

MARJOLAINE SPONGE CAKE (P. 411)

Ingredients	U.S.	Metric
Confectioners' sugar	12 oz	360 g
Powdered almonds	12 oz	360 g
Egg yolks	10 oz	300 g
Egg whites	6 oz	180 g
Egg whites	15 oz	450 g
Sugar	9 oz	270 g
Pastry flour, sifted	9 oz	270 g
Total weight:	4 lb 9 oz	2190 g

CHOCOLATE SPONGE LAYERS (P. 414)

Ingredients	U.S.	Metric
Egg whites	1 lb 4 oz	600 g
Sugar	1 lb	480 g
Egg yolks	14 oz	400 g
Cake flour	14 oz	400 g
Cocoa powder	4 oz	120 g
Total weight:	4 lb 4 oz	2000 g

HAZELNUT SPONGE CAKE (P. 412)

Ingredients	U.S.	Metric
Butter, softened	14 oz	400 g
Sugar	11 oz	330 g
Egg yolks	12 oz	360 g
Egg whites	1 lb 2 oz	540 g
Sugar	6 oz	180 g
Cake flour	4 oz	120 g
Cocoa powder	4 oz	120 g
Ground hazelnuts, toasted	5.5 oz	165 g
Total weight:	4 lb 10 oz	2215 g

CHOCOLATE VELVET CAKE (MOELLEUX) (P. 415)

Ingredients	U.S.	Metric
Almond paste	7.5 oz	225 g
Confectioners' sugar	5 oz	150 g
Egg yolks	6 oz	180 g
Egg whites	6 oz	180 g
Sugar	2.5 oz	75 g
Cake flour	4 oz	120 g
Cocoa powder	1 oz	30 g
Butter, melted	2 oz	60 g
For baking		
Almonds, chopped	3 oz	90 g
Total batter weight:	2 lb 2 oz	1020 g

LEMON MADELEINES (P. 416)

Ingredients	U.S.	Metric
Butter	15 oz	450 g
Sugar	13 oz	420 g
Honey	2.4 oz	72 g
Salt	0.03 oz	1.2 g
Grated lemon zest	0.7 oz	30 g
Eggs	1 lb 0.5 oz	495 g
Pastry flour	15 oz	450 g
Baking powder	0.4 oz	11.5 g
Total weight:	3 lb 15 oz	1920 g

VARIATION**CHOCOLATE AND ORANGE MADELEINES**

Ingredients	U.S.	Metric
Butter	15 oz	495 g
Sugar	13 oz	420 g
Honey	2.4 oz	72 g
Salt	0.03 oz	1.2 g
Grated orange zest	1 oz	30 g
Eggs	1 lb 0.5 oz	495 g
Pastry flour	3.5 oz	315 g
Cocoa powder	3.6 oz	105 g
Baking powder	0.54 oz	15 g

Follow the basic procedure, but change the ingredients as listed above.

SIMPLE BUTTERCREAM (P. 423)

Ingredients	U.S.	Metric
Butter	2 lb	1000 g
Shortening	1 lb	500 g
Confectioners' sugar	5 lb	2500 g
Egg whites, pasteurized	5 oz	160 g
Lemon juice	0.33 oz (2 tsp)	10 g
Vanilla extract	0.5 oz	15 g
Water (optional)	4 oz	125 g
Total weight:	8 lb 9 oz	4310 g

ITALIAN BUTTERCREAM (P. 424)

Yield: 6 lb 12 oz (3400 g)

Ingredients	U.S.	Metric
Italian meringue		
Sugar	2 lb	1000 g
Water	8 oz	250 mL
Egg whites	1 lb	500 g
Butter	3 lb	1500 g
Emulsified shortening	8 oz	250 g
Lemon juice	0.33 oz (2 tsp)	10 mL
Vanilla extract	0.5 oz	15 mL

FRENCH BUTTERCREAM (P. 425)

Yield: 5 lb 8 oz (2750 g)

Ingredients	U.S.	Metric
Sugar	2 lb	1000 g
Water	8 oz	250 mL
Egg yolks	12 oz	375 g
Butter, softened	2 lb 8 oz	1250 g
Vanilla extract	0.5 oz	15 mL

PRALINE BUTTERCREAM (P. 425)

Yield: 3 lb 6 oz (1650 g)

Ingredients	U.S.	Metric
Water	4 oz	120 g
Sugar	12 oz	360 g
Egg yolks	10 oz	300 g
Butter, softened	1 lb 2 oz	540 g
Praline paste	15 oz	450 g

LIGHT PRALINE CREAM (P. 426)

Ingredients	U.S.	Metric
Butter, softened	2 lb	1000 g
Praline paste	1 lb	500 g
Cognac	6 oz	200 g
Italian Meringue (p. 264)	3 lb 6 oz	1700 g
Total weight:	6 lb 12 oz	3400 g

CARAMEL BUTTERCREAM (P. 426)**Yield:** 4 lb (2000 g)

Ingredients	U.S.	Metric
Water	4 oz	100 g
Sugar	1 lb 10 oz	740 g
Water	7 oz	200 g
Heavy cream	5 oz	140 g
Coffee extract	0.75 oz	20 g
Egg yolks	8 oz	240 g
Butter, softened	1 lb 11 oz	760 g

VANILLA CREAM (P. 426)

Ingredients	U.S.	Metric
Pastry Cream (p. 267)	2 lb 8 oz	1125 g
Gelatin	0.5 oz	16 g
Rum	1.75 oz	50 g
Butter, softened	1 lb 2 oz	500 g
Total weight:	3 lb 12 oz	1690 g

FLAT ICING (P. 429)

Ingredients	U.S.	Metric
Confectioners' sugar	4 lb	2000 g
Water, hot	12 oz	375 mL
Corn syrup	4 oz	125 g
Vanilla extract	0.5 oz	15 g
Total weight:	5 lb	2500 g

COCOA JELLY (P. 432)

Ingredients	U.S.	Metric
Water	1 lb	450 g
Fondant	1 lb 8 oz	675 g
Glucose	8 oz	225 g
Gelatin	1 oz	30 g
Cocoa powder	4.75 oz	135 g
Total weight:	3 lb 5 oz	1515 g

OPERA GLAZE (P. 432)

Ingredients	U.S.	Metric
Coating chocolate (p. 88)	1 lb 8 oz	750 g
Semisweet or bittersweet chocolate couverture	10.5 oz	300 g
Peanut oil	4 oz	120 g
Total weight:	2 lb 6 oz	1170 g

VARIATION

If couverture is used alone instead of part coating chocolate and part couverture, increase the quantity of oil so the icing has the proper texture and can be cut easily with a cake knife.

Ingredients	U.S.	Metric
Dark chocolate couverture	2 lb 2.5 oz	1050 g
Peanut oil	6 oz	180 g

COFFEE MARBLE GLAZE (P. 433)**Yield:** 2 lb (1000 g)

Ingredients	U.S.	Metric
Gelatin	1 oz	24 g
Water	1 lb 8 oz	750 g
Sugar	4 oz	120 g
Glucose	4 oz	120 g
Vanilla bean, split	2	2
Coffee liqueur	2 oz	60 g
Coffee extract	1 oz	30 g

DIAMONDS (P. 501)

Ingredients	U.S.	Metric
Butter, cut in small pieces	1 lb 4 oz	560 g
Cake flour	1 lb 12 oz	800 g
Confectioners' sugar	8 oz	240 g
Salt	0.16 oz (2 ³ / ₄ tsp)	4 g
Orange zest, grated	0.3 oz (4 tsp)	8 g
Vanilla extract	0.3 oz (2 tsp)	8 g
For rolling		
Crystal sugar	7 oz	200 g
Total dough weight:	3 lb 15 oz	1620 g

ALMOND TILES I (P. 510)

Ingredients	U.S.	Metric
Butter	12 oz	360 g
Confectioners' sugar	1 lb	480 g
Egg whites	12 oz	360 g
Cake flour	14 oz	420 g
Garnish		
Sliced almonds	10 oz	300 g
Batter weight:	3 lb 6 oz	1620 g

ESPRESSO BISCOTTI (P. 516)

Ingredients	U.S.	Metric
Butter	12 oz	360 g
Sugar	1 lb 2 oz	540 g
Salt	0.6 oz	18 g
Eggs	10 oz	300 g
Water, hot	1.5 oz	45 g
Instant espresso powder	0.6 oz	18 g
Pastry flour	1 lb 14 oz	900 g
Baking powder	0.75 oz	24 g
Blanched almonds	11 oz	315 g
Total weight:	5 lb 2 oz	2520 g

CHOCOLATE PECAN BISCOTTI (P. 517)

Ingredients	U.S.	Metric
Butter	12 oz	360 g
Sugar	1 lb	540 g
Salt	0.3 oz	9 g
Orange zest, grated	0.3 oz	9 g
Eggs	10 oz	300 g
Water	6 oz	180 g
Vanilla extract	0.5 oz	15 g
Pastry flour	1 lb 14 oz	900 g
Cocoa powder	4.5 oz	135 g
Baking powder	0.75 oz	24 g
Baking soda	0.25 oz	8 g
Pecan pieces	6 oz	180 g
Small chocolate chips	6 oz	180 g
Total weight:	5 lb 12 oz	2840 g

RICH BROWNIES (P. 513)

Yield: one large formula (about 10 lb 5 oz/4652 g)
Fills one full-size sheet pan (18×26 in./46×66 cm), two half-size sheet pans, four 9×13 in. (23×33 cm) pans, or six 9-in. (23-cm) square pans.

Ingredients	U.S.	Metric
Unsweetened chocolate	8 oz	225 g
Bittersweet chocolate	1 lb 4 oz	560 g
Butter	2 lb 8 oz	1125 g
Eggs	1 lb 12 oz	790 g
Sugar	2 lb 4 oz	1015 g
Salt	0.25 oz	7 g
Vanilla extract	1 oz	30 mL
Bread flour	1 lb	450 g
Walnuts or pecans, chopped	1 lb	450 g
Total weight:	10 lb 5 oz	4652 g

VARIATION

Ingredients	U.S.	Metric
Baking powder	0.4 oz	11 g

For a more cakelike brownie, sift the above quantity of baking powder with the flour in step 4.

CREAM CHEESE BROWNIES (P. 514)

Yield: one large formula (about 12 lb/5600 g)
Fills one full-size sheet pan (18×26 in./46×66 cm), two half-size sheet pans, four 9×13 in. (23×33 cm) pans, or six 9-in. (23-cm) square pans.

Ingredients	U.S.	Metric
Cream cheese	2 lb	900 g
Sugar	8 oz	225 g
Vanilla extract	2 tsp	7 mL
Egg yolks	2.7 oz (4 yolks)	80 g
Rich Brownies batter (p. 513) without walnuts (1 recipe)	10 lb 5 oz	4650 g
Total weight:	12 lb 15 oz	5862 g

CHRISTMAS PUDDING (P. 531)

Ingredients	U.S.	Metric
Dark raisins	2 lb	1000 g
Light raisins	2 lb	1000 g
Currants	2 lb	1000 g
Dates, diced	1 lb	500 g
Almonds, chopped	12 oz	375 g
Candied orange peel, finely chopped	8 oz	250 g
Candied lemon peel, finely chopped	8 oz	250 g
Brandy	1 pt 8 oz	750 mL
Bread flour	1 lb	500 g
Cinnamon	0.12 oz (1¾ tsp)	4 g
Nutmeg	0.03 oz (½ tsp)	1 g
Mace	0.03 oz (½ tsp)	1 g
Ginger	0.03 oz (½ tsp)	1 g
Cloves, ground	0.03 oz (½ tsp)	1 g
Salt	0.5 oz	15 g
Beef suet, finely chopped	1 lb 8 oz	750 g
Brown sugar	1 lb	500 g
Eggs	1 lb	500 g
Fresh bread crumbs	8 oz	250 g
Molasses	2 oz	60 g
Total weight:	15 lb 7 oz	7700 g

STEAMED BLUEBERRY PUDDING (P. 532)

Ingredients	U.S.	Metric
Brown sugar	1 lb 4 oz	625 g
Butter	8 oz	250 g
Salt	0.08 oz (½ tsp)	3 g
Cinnamon	0.17 oz (1 tbsp)	5 g
Eggs	8 oz	250 g
Bread flour	4 oz	125 g
Baking powder	0.75 oz	22 g
Dry bread crumbs	1 lb 4 oz	625 g
Milk	1 lb	500 g
Blueberries, fresh or frozen, without sugar	1 lb	500 g
Total weight:	5 lb 13 oz	2905 g

CREAM CHEESE BAVARIAN (P. 538)**Yield:** about 6 qt (6.5 L)

Ingredients	U.S.	Metric
Cream cheese	3 lb	1500 g
Sugar	1 lb	500 g
Salt	0.5 oz	15 g
Lemon zest, grated	0.12 oz (1½ tsp)	4 g
Orange zest, grated	0.08 oz (1 tsp)	2.5 g
Vanilla extract	0.25 oz (1½ tsp)	8 g
Lemon juice	4 oz	125 g
Gelatin	1 oz	30 g
Water, cold	8 oz	250 g
Heavy cream	4 pt	2000 mL
Total weight:	8 lb 13 oz	4434 g

RASPBERRY JAM (P. 597)**Yield:** 3 lb 12 oz (1900 g)

Ingredients	U.S.	Metric
Sugar	1 lb 8 oz	750 g
Water	8 oz	250 g
Raspberries, fresh	2 lb	1000 g
Glucose	3.2 oz	100 g
Sugar	5 oz	150 g
Pectin	2.67 oz	80 g

APPLE MARMALADE (P. 597)**Yield:** 8 lb 8 oz (4240 g)

Ingredients	U.S.	Metric
Apples, peeled and cored	8 lb	4000 g
Water	1 lb	500 g
Sugar	2 lb 8 oz	1200 g

STRAWBERRY MARMALADE (P. 598)**Yield:** 3 lb 4 oz (1600 g)

Ingredients	U.S.	Metric
Strawberries	2 lb	1000 g
Sugar	2 lb	1000 g
Pectin	0.67 oz	20 g
Lemon juice	2 oz	30 g

CARAMELIZED APRICOTS (P. 598)**Yield:** 2 lb 8 oz (1200 g)

Ingredients	U.S.	Metric
Sugar	1 lb	400 g
Water	4 oz	100 g
Honey	8 oz	200 g
Butter	4 oz	100 g
Canned apricots, drained	2 lb 8 oz	1200 g

APRICOT COMPOTE (P. 599)**Yield:** 2 lb 6 oz (960 g)

Ingredients	U.S.	Metric
Sugar	1 lb 2 oz	450 g
Water	2.5 oz	60 g
Apricots, fresh or canned, halved and pitted	1 lb 4 oz	500 g
Pectin	1.5 oz	40 g
Glucose	2 oz	50 g

VARIATION**APRICOT AND ALMOND COMPOTE**

Ingredients	U.S.	Metric
Whole blanched almonds	8 oz	200 g

Add the almonds to the apricots at the same time as the pectin and glucose.

ROCHER WITH ALMONDS (P. 650)

Ingredients	U.S.	Metric
Dark chocolate	1 lb	450 g
Praline paste	1 lb 8 oz	675 g
Ice cream wafers (pailletine), finely crushed	8 oz	225 g
Dark chocolate	1 lb 8 oz	675 g
Almonds, toasted and chopped	4 oz	112 g
Total weight:	4 lb 12 oz	2137 g

PINEAPPLE KUMQUAT COMPOTE (P. 600)**Yield:** 2 lb 12 oz (1080 g)

Ingredients	U.S.	Metric
Sugar	1 lb 2 oz	450 g
Water	2.5 oz	60 g
Vanilla bean	1	1
Glucose	2 oz	48 g
Canned pineapple, drained and diced	1 lb 4 oz	500 g
Kumquats, sliced and blanched	8 oz	200 g
Pistachios	1.5 oz	40 g

VARIATION**KUMQUAT COMPOTE**

Ingredients	U.S.	Metric
Sugar	1 lb 2 oz	450 g
Water	2.5 oz	60 g
Glucose	2 oz	48 g
Kumquats, halved or sliced, blanched	1 lb 4 oz	500 g
Pistachios	3 oz	80 g

Follow the procedure in the basic recipe, but omit the pineapple and vanilla and adjust the quantities as listed above.

GUM PASTE (P. 661)

Ingredient	U.S.	Metric
Confectioners' sugar	2 lb 8 oz	1250 g
Gum tragacanth	1 oz (3 tbsp)	30 g
Water	6 fl oz	190 mL
Glucose syrup	2 oz	60 g
Confectioners' sugar	8 oz or as needed	250 g
Total weight:	3 lb 9 oz	1780 g

PROCEDURE

1. Sift the confectioner's sugar into a bowl.
2. Add the gum tragacanth and mix in.
3. Add the water and glucose. Mix until smooth.
4. Transfer the mixture to a work surface. Knead in the remaining sugar, or enough to make a smooth, firm dough.
5. Roll the gum paste into a cylinder. Coat it with a light film of shortening (to prevent drying) and wrap tightly in plastic film. Let stand overnight.

Metric Conversion Factors

Weight

- 1 ounce equals 28.35 grams
- 1 gram equals 0.035 ounce
- 1 pound equals 454 grams
- 1 kilogram equals 2.2 pounds

Volume

- 1 fluid ounce equals 29.57 milliliters
- 1 milliliter equals 0.034 fluid ounce
- 1 cup equals 237 milliliters
- 1 quart equals 946 milliliters
- 1 liter equals 33.8 fluid ounces

Length

- 1 inch equals 25.4 millimeters
- 1 centimeter equals 0.39 inch
- 1 meter equals 39.4 inches

Temperature

To convert Fahrenheit to Celsius: Subtract 32 then multiply by $\frac{5}{9}$.

Example: Convert 140°F to Celsius.

$$140 - 32 = 108$$

$$108 \times \frac{5}{9} = 60^{\circ}\text{C}$$

To convert Celsius to Fahrenheit: Multiply by $\frac{9}{5}$ then add 32.

Example: Convert 150°C to Fahrenheit.

$$150 \times \frac{9}{5} = 270$$

$$270 + 32 = 302^{\circ}\text{F}$$

Note: The metric measurements in the recipes in this book are not equivalent to the corresponding U.S. measurements. See page 21 for a complete explanation.

Decimal Equivalents of Common Fractions

FRACTION	ROUNDED TO 3 PLACES	ROUNDED TO 2 PLACES
$\frac{5}{6}$	0.833	0.83
$\frac{4}{5}$	0.8	0.8
$\frac{3}{4}$	0.75	0.75
$\frac{2}{3}$	0.667	0.67
$\frac{5}{8}$	0.625	0.63
$\frac{3}{5}$	0.6	0.6
$\frac{1}{2}$	0.5	0.5
$\frac{1}{3}$	0.333	0.33
$\frac{1}{4}$	0.25	0.25
$\frac{1}{5}$	0.2	0.2
$\frac{1}{6}$	0.167	0.17
$\frac{1}{8}$	0.125	0.13
$\frac{1}{10}$	0.1	0.1
$\frac{1}{12}$	0.083	0.08
$\frac{1}{16}$	0.063	0.06
$\frac{1}{25}$	0.04	0.04

Approximate Volume Equivalents of Dry Foods

The following equivalents are rough averages only. Actual weight varies considerably. For accurate measurement, weigh all ingredients.

Following common practice, volume measures in this chart are represented as common fractions rather than as decimals.

Bread flour, sifted

1 lb = 4 cups

1 cup = 4 oz

Bread flour, unsifted

1 lb = $3\frac{1}{3}$ cups

1 cup = 4.75 oz

Cake flour, sifted

1 lb = $4\frac{1}{4}$ cups

1 cup = 3.75 oz

Cake flour, unsifted

1 lb = $3\frac{1}{2}$ cups

1 cup = 4.5 oz

Granulated sugar

1 lb = $2\frac{1}{4}$ cups

1 cup = 7 oz

Confectioners' sugar, sifted

1 lb = 4 cups

1 cup = 4 oz

Confectioners' sugar, unsifted

1 lb = $3\frac{1}{2}$ cups

1 cup = 4.5 oz

Cornstarch, sifted

1 lb = 4 cups

1 cup = 4 oz

1 oz = 4 tbsps = $\frac{1}{4}$ cup

1 tbsp = 0.25 oz

Cornstarch, unsifted

1 lb = $3\frac{1}{2}$ cups

1 cup = 4.5 oz

1 oz = $3\frac{1}{2}$ tbsps

1 tbsp = 0.29 oz

Cocoa, unsifted

1 lb = 5 cups

1 cup = 3.2 oz

1 oz = 5 tbsps

1 tbsp = 0.2 oz

Gelatin, unflavored

1 oz = 3 tbsps

0.25 oz = $2\frac{1}{4}$ tsp

1 tbsp = 0.33 oz

1 tsp = 0.11 oz

Baking soda

1 oz = $5\frac{1}{4}$ tsp

0.25 oz = $1\frac{1}{3}$ tsp

1 tbsp = 0.57 oz

1 tsp = 0.19 oz

Baking powder (phosphate type and sodium aluminum sulfate type)

1 oz = 2 tbsps

0.25 oz = $1\frac{1}{2}$ tsp

1 tbsp = 0.5 oz

1 tsp = 0.17 oz

Cream of tartar

1 oz = 4 tbsps

0.25 oz = 1 tbsp

1 tsp = 0.08 oz

Salt

1 oz = $4\frac{1}{2}$ tsp

0.25 oz = $1\frac{1}{4}$ tsp

1 tsp = 0.2 oz

Ground spices

1 oz = 14 tsp

0.25 oz = $3\frac{1}{2}$ tsp

1 tsp = 0.07 oz

Grated lemon zest

1 oz = 4 tbsps

1 tsp = 0.08 oz

Temperature Calculations for Yeast Doughs

In Chapter 6 (p. 122), a simple formula is presented to enable you to calculate the correct water temperature for a mixed dough of a specified temperature. This formula is sufficient for most straight doughs made in small batches. However, other calculations may sometimes be required. These are detailed here.

Machine Friction

Machine friction depends on many factors, including the type of mixer, amount of dough, stiffness of dough, and mixing time. This friction may be determined for each dough prepared, assuming a constant batch size.

Ice Calculation

If your tap water is warmer than the water temperature you need for a batch of dough, you can cool the water with crushed ice. A simple formula can be used to calculate how much crushed ice to use.

This formula is based on the fact that it requires 144 BTUs of heat energy to melt 1 pound ice. A BTU (British thermal unit) is the amount of heat needed to raise the temperature of 1 pound water 1°F. Therefore, it takes 144 BTUs to melt 1 pound ice, but only 1 more BTU to heat that pound of melted ice from 32° to 33°F.

You can use the following formula without understanding how it is derived. For those who wish to know where the formula comes from, however, an explanation follows the formula and sample calculation. Please note this formula is more accurate than many of those you will see elsewhere. Many other formulas allow for the heat energy needed to melt the ice, but don't account for the fact that the melted ice is also warmed up to the final water temperature.

Also, please remember that the ice counts as part of the water for the dough.

PROCEDURE: Determining Machine Friction

1. Prepare a batch of dough, first measuring the room temperature, flour temperature, and water temperature. Add these three figures.
2. Measure the temperature of the dough as it comes from the mixer. Multiply this figure by 3.
3. Subtract the result of step 1 from the result of step 2. This is the machine friction.
4. Use this factor when calculating the water temperature required for subsequent batches of this particular dough, as explained on page 122.

Example:

Room temperature = 72°F

Flour temperature = 65°F

Water temperature = 75°F

Dough temperature = 77°F

1. $72 + 65 + 75 = 212$

2. $77 \times 3 = 231$

3. $231 - 212 = 19$

Machine friction = 19°F

PROCEDURE: Determining Ice Requirement

1. Measure the temperature of the tap water. Subtract the water temperature needed for your dough from the tap water temperature. This number is the temperature decrease needed.

$$\text{Tap water temperature} - \text{desired water temperature} = \text{temperature decrease}$$

2. Calculate the weight of ice needed by using the following formula.

$$\text{Ice weight} = \frac{\text{Total water} \times \text{temperature decrease}}{\text{Tap water temperature} + 112}$$

Total water is the weight of water needed for the dough recipe.

3. Subtract the ice weight from the total water needed to get the weight of the tap water needed.

$$\text{Total water} - \text{ice} = \text{tap water}$$

Example: For a batch of bread, you need 16 lb water at 58°F. Your tap water is 65°F. How much tap water and how much ice should you use?

$$\begin{aligned} \text{Ice} &= \frac{16 \text{ lb} \times (65 - 58)}{65 + 112} = \frac{16 \text{ lb} \times 7}{177} \\ &= \frac{112 \text{ lb}}{177} = 0.63 \text{ lb} = 10 \text{ oz} \end{aligned}$$

$$\text{Tap water} = 16 \text{ lb} - 10 \text{ oz} = 15 \text{ lb } 6 \text{ oz}$$

You need 10 oz ice plus 15 lb 6 oz tap water.

The formula in the Procedure for Determining Ice Requirement is based on the fact that the number of BTUs needed to raise the ice to the desired water temperature equals the number of BTUs lost by the tap water when it is cooled to the desired temperature.

This can be expressed as follows:

$$\left. \begin{array}{l} \text{BTUs to melt ice plus} \\ \text{BTUs to heat melted ice to} \\ \text{desired temperature} \end{array} \right\} = \text{BTUs lost by tap water}$$

Remember, as explained earlier, that 144 BTUs are needed to melt 1 pound ice and that 1 BTU is needed to heat 1 pound water 1°F.

Therefore, the three BTU values in the above equation can each be expressed mathematically:

$$\text{BTUs to melt ice} = \text{Ice weight (in pounds)} \times 144$$

$$\text{BTUs to heat melted ice to temperature} = \frac{\text{Ice weight} \times \text{degrees of temperature rise}}{\text{temperature rise}}$$

or

$$\text{Ice weight} \times (\text{desired temperature} - 32^\circ\text{F})$$

$$\text{BTUs lost by tap water} = \text{weight of tap water} \times \text{degrees of temperature drop}$$

or

$$(\text{total water} - \text{ice}) \times (\text{tap water temperature} - \text{desired temperature})$$

To make the calculations easier to read, we adopt the following abbreviations. Then we substitute them in our basic equation and proceed to simplify it mathematically.

$$I = \text{ice weight}$$

$$W = \text{tap water weight}$$

$$W + I = \text{total water required in recipe}$$

$$T = \text{tap water temperature}$$

$$D = \text{desired temperature}$$

$$\left. \begin{array}{l} \text{BTUs to melt ice plus} \\ \text{BTUs to heat melted ice to } D \\ \text{desired temperature} \end{array} \right\} = \text{BTUs lost by tap water}$$

$$(I \times 144) + (I \times (D - 32)) = ((W + I) - I) \times (T - D)$$

$$I \times (144 + D - 32) = ((W + I) \times (T - D)) - (I \times (T - D))$$

$$(I \times (144 + D - 32)) + (I \times (T - D)) = (W + I) \times (T - D)$$

$$I \times (144 + D - 32 + T - D) = (W + I) \times (T - D)$$

$$I \times (112 + T) = (W + I) \times (T - D)$$

$$I = \frac{(W + I) \times (T - D)}{112 + T}$$

$$\text{Ice} = \frac{\text{Total water} \times \text{temperature decrease}}{\text{Tap water temperature} + 112}$$

Eggs and Safety

Eggs and Egg-Based Products

Outbreaks of salmonellosis have been traced to clean, whole, uncracked-shell eggs contaminated with *Salmonella enteritidis*. Whole-shell eggs are now classified as potentially hazardous foods by the U.S. Food and Drug Administration (FDA).

The following guidelines, which treat eggs as potentially hazardous foods during storage, handling, preparation, and service, must be followed to prevent the possibility of foodborne illness:

- Store eggs at refrigerated temperatures of 45°F (7°C) or lower until time of use. Do not freeze eggs in shells.
- Cook eggs thoroughly until both the yolk and white are firm, not runny. Generally, eggs should be cooked to 145°F (63°C) or higher for at least 15 seconds.
- To hold cooked eggs for later service, cook them to 155°F (68°C) or higher for 15 seconds, then hold them at 135°F (57°C) or higher.
- Avoid pooling raw eggs for holding. Eggs may be pooled in small quantities for immediate cooking and serving.
- For lightly cooked egg items, such as custards, French toast, mousses, and meringues, use pasteurized eggs.
- Avoid raw egg menu items. Review menus, recipes, and preparation procedures using raw eggs. Pasteurized eggs may be substituted in Caesar salad, hollandaise and béarnaise sauces, eggnog, ice cream, and egg-fortified beverages.
- Pasteurized eggs require the same time and temperature handling as other potentially hazardous foods.
- Wash hands with hot, soapy water before and after handling eggs and egg products.
- Wash and sanitize utensils, equipment, and the work area after handling eggs and egg products.
- Do not reuse a container that has held a raw egg mixture. Use a clean, sanitized container for each batch.

Source: National Restaurant Association Educational Foundation, *ServSafe Coursebook*, 5th ed.

Glossary

Many culinary terms in common use are taken from the French. Phonetic guides for difficult-to-pronounce words are included here, using English sounds. However, exact renderings are impossible in many cases because the French language has a number of sounds that do not exist in English.

- 1-2-3 dough:** A pastry dough made of one part sugar, two parts fat, and three parts flour, by weight.
- Absorption:** The amount of water a flour can take up and hold while being made into a simple dough. Absorption is based on a predetermined standard dough consistency or stiffness; expressed as a percentage of the weight of flour.
- Active dry yeast:** A dry, granular form of yeast that must normally be rehydrated before using.
- Aerobic:** Requiring oxygen to live and grow; said of some bacteria.
- Air cell:** A tiny bubble of air, created by creaming or foaming, that assists in leavening a dough or batter.
- Allergen:** A substance that triggers an allergic reaction.
- All-purpose flour:** Flour formulated to be slightly weaker than bread flour so it also can be used for pastries.
- Allumette:** French for “matchstick”; any puff pastry item made in thin sticks or strips.
- Almond paste:** A mixture of finely ground almonds and sugar.
- Amylase:** An enzyme in flour that breaks down starches into simple sugars.
- Anaerobic:** Requiring an absence of oxygen to live and grow; said of some bacteria.
- Anaphylaxis:** A sudden and severe allergic reaction of the immune system.
- Angel food cake:** A type of cake made of meringue (egg whites and sugar) and flour.
- Angel food method:** A cake-mixing method that involves folding a mixture of flour and sugar into a meringue.
- Apple charlotte:** A dessert of apples cut up and baked in a mold lined with bread slices.
- AP weight:** As purchased; the weight of an item before trimming.
- Artisan bread:** Bread made by a skilled manual worker; usually refers to handmade breads made using traditional methods and with natural ingredients only.
- Ash:** The mineral content of flour; expressed as a percentage of the total weight.
- Autolyse:** A resting period early in the mixing procedure of yeast doughs during which the flour fully absorbs the water.
- Baba:** A type of yeast bread or cake that is soaked in syrup.
- Babka:** A type of sweet yeast bread or coffee cake.
- Bagel:** A ring-shaped lean yeast dough product made from a very stiff dough.
- Bagged:** A cookie makeup method in which the dough is shaped and deposited on the pan or sheet using a pastry bag.
- Baked Alaska:** A dessert consisting of ice cream on a sponge cake base, covered with meringue and browned in the oven.
- Baked custard:** A custard that is baked undisturbed so it sets into a solid.
- Baked meringue:** Any meringue mixture that is baked until dry.
- Baker’s cheese:** A soft, unaged cheese used to make pastry fillings, cheesecake, and similar products.
- Baker’s percentage:** A method of expressing ratios of ingredients in a baking formula in which the weight of each ingredient is expressed as a percentage of the weight of the flour.
- Baking ammonia:** A leavening ingredient that releases ammonia gas and carbon dioxide.
- Baking chocolate:** A chocolate product in which another fat is substituted for part of the cocoa butter.
- Baklava:** A Greek or Middle Eastern dessert made of nuts and phyllo dough and soaked with syrup.
- Bar:** A cookie makeup method in which the dough is shaped into flattened cylinders, baked, and sliced crosswise into individual cookies; also, a cookie made by this method.
- Barm:** A thin or batter-like sourdough starter.
- Batter:** A semiliquid mixture containing flour or other starch, used for the production of such products as cakes and breads and for coating products to be deep fried.
- Baumé:** A unit of measure indicating the specific gravity of a solution, often used to indicate sugar concentration.
- Baumkuchen (BOWM koo khen):** A cake made by adding one thin layer of batter at a time to a pan and browning lightly under a broiler after each addition, repeating until the cake is the desired thickness.
- Bavarian cream:** A light, cold dessert made of gelatin, whipped cream, and custard sauce or fruit.
- Bavaois (bah var WAH):** French for Bavarian cream.
- Beignet soufflé (ben YAY soo FLAY):** A type of fritter made with éclair paste, which puffs up greatly when fried.
- Benching:** An intermediate fermentation and resting period for yeast doughs, after folding and before rounding or preshaping.
- Betty:** A baked dessert consisting of layers of fruit and cake crumbs.
- Biga:** A yeast pre-ferment made as a stiff dough.
- Biscuit method:** A mixing method in which the fat is mixed with the dry ingredients before the liquid ingredients are added.
- Black Forest torte:** A chocolate sponge layer cake filled with whipped cream and cherries.
- Blancmange (blaw MAWNGE):** (1) An English pudding made of milk, sugar, and cornstarch. (2) A French dessert made of milk, cream, almonds, and gelatin.
- Blitz puff pastry:** A type of pastry mixed like a very flaky pie dough, then rolled and folded like puff pastry.
- Bloom:** (1) A whitish coating on chocolate caused by separated cocoa butter. (2) To hydrate gelatin. (3) The relative strength or gelling power of a grade of gelatin.
- Blown sugar:** Pulled sugar made into thin-walled, hollow shapes by being blown up like a balloon.
- Boiled icing:** Italian meringue used as a cake icing.
- Bolting:** The process of sifting flour, primarily to separate the bran.
- Bombe:** A type of frozen dessert made in a dome-shaped mold.
- Boston cream pie:** Not a pie, but a sponge cake or other yellow cake filled with pastry cream and topped with chocolate fondant or confectioners’ sugar.

- Boulangier (boo lawn ZHAY):** The bread baker, who prepares breads and other yeast goods, including such breakfast items as brioche, croissants, and Danish pastry.
- Boulangier, A.:** An eighteenth-century Parisian credited with starting the first restaurant.
- Bran:** The hard outer covering of kernels of wheat and other grains.
- Bran flour:** Flour to which bran flakes have been added.
- Bread flour:** Strong flour, such as patent flour, used for breads.
- Break system:** A milling system to produce various grades of flour by repeatedly breaking the grains between rollers, and sifting.
- Brioche:** Rich yeast dough containing large amounts of eggs and butter; a product made from this dough.
- Brix:** A unit of measure indicating the sugar concentration of a solution.
- Brown sugar:** Regular granulated sucrose containing impurities that give it a distinctive flavor and color.
- Buttercream:** An icing made of butter and/or shortening blended with confectioners' sugar or sugar syrup and, sometimes, other ingredients.
- Butterfat:** The fat in dairy products. Also called milk fat.
- Buttermilk:** (1) The milky liquid drained off after cream is churned to make butter. Rarely sold. (2) Milk, usually low-fat or fat-free, that has been cultured by bacteria to resemble the original buttermilk (definition 1).
- Cabinet pudding:** A baked custard containing sponge cake and fruit.
- Cake flour:** A fine white flour made from soft wheat.
- Calorie:** The amount of heat needed to raise the temperature of 1 kilogram of water 1 degree Celsius.
- Cannoli:** Fried Italian pastries made in tube shapes, generally with a sweet cream or cheese filling (singular form: *cannolo*).
- Caramelization:** The browning of sugars caused by heat.
- Caramelize:** To change sugar into caramel by means of heat.
- Carbohydrate:** Any of a group of compounds, including starches and sugars, that supply energy to the body.
- Carême, Marie-Antoine:** Important and influential nineteenth-century cook and pastry chef.
- Carotenoid:** An orange-yellow pigments present in many plant products, including unbleached flour; responsible for the creamy color of flour.
- Cassata:** An Italian-style bombe, usually with three layers of different ice creams, plus a filling of Italian meringue.
- Cast sugar:** Sugar boiled to the hard-crack stage and then poured into molds to harden. Also called poured sugar.
- Celiac disease:** A reaction to gluten in which the lining of the intestine is damaged.
- Celsius scale:** The metric system of temperature measurement, with 0°C at the freezing point of water and 100°C at the boiling point of water.
- Centi-:** Prefix in the metric system meaning *one-hundredth*.
- Challah:** A rich egg bread, often made as a braided loaf.
- Charlotte:** (1) A cold dessert made of Bavarian cream or other cream in a special mold, usually lined with ladyfingers or other sponge products. (2) A hot dessert made of cooked fruit and baked in a special mold lined with strips of bread.
- Charlotte ring:** A metal ring used as a mold for charlottes and other desserts.
- Chef de cuisine:** The head of a kitchen.
- Chef garde manger:** Pantry chef.
- Chemical leavener:** A leavener such as baking soda, baking powder, or baking ammonia, which releases gases produced by chemical reactions.
- Chiffon cake:** A light cake made by the chiffon method.
- Chiffon method:** A cake-mixing method that involves the folding of whipped egg whites into a batter made of flour, egg yolks, and oil.
- Chiffon pie:** A pie with a light, fluffy filling containing egg whites and, usually, gelatin.
- Chocolate:** Any of a number of products made from fermented, roasted, ground cocoa (or cacao) beans. Often with the addition of sugar, flavorings, and other ingredients.
- Chocolate liquor:** Unsweetened chocolate, consisting of cocoa solids and cocoa butter. Also called cocoa mass.
- Chocolate truffle:** A small ball of chocolate ganache, served as a confection.
- Cholesterol:** A fatty substance found in foods derived from animal products and in the human body; a high level of cholesterol has been linked to heart disease.
- Christmas pudding:** A dark, heavy steamed pudding made of dried and candied fruits, spices, beef suet, and crumbs.
- Ciabatta:** A type of Italian bread made from a very slack dough deposited on pans with minimal shaping.
- Cleanup stage:** A stage of yeast dough mixing in which the ingredients become fully incorporated into a dough; so-called because the formed dough "cleans up" formerly unmixed ingredients from the mixing bowl.
- Clear flour:** A tan-colored wheat flour made from the outer portion of the endosperm.
- Coagulation:** The process by which proteins become firm, usually when heated.
- Coating chocolate:** A sweetened chocolate similar in appearance to couverture but with other fats substituted for part of the cocoa butter.
- Cobbler:** A fruit dessert similar to a pie, but without a bottom crust.
- Cocoa:** The dry powder that remains after cocoa butter is pressed out of chocolate liquor.
- Cocoa bean:** Seed of the cacao tree. Fermented, roasted, and ground to make cocoa and chocolate products.
- Cocoa butter:** A white or yellowish fat found in natural chocolate.
- Cocoa mass:** Unsweetened chocolate, consisting of cocoa solids and cocoa butter. Also called *chocolate liquor*.
- Cold charlotte:** A dessert consisting of Bavarian cream made in a mold lined with a sponge-cake product.
- Common meringue:** Egg whites and sugar whipped to a foam. Also called *French meringue*.
- Complex presentation:** A dessert plating style consisting of an arrangement of two or more desserts plus sauces and garnishes.
- Complex sugar:** A large sugar molecule containing at least 12 carbon atoms. Sucrose or table sugar is a complex sugar. See also Simple sugar.
- Compote:** Cooked fruit served in its cooking liquid, usually a sugar syrup.
- Compressed yeast:** Live, moist yeast, made into dense cakes. Also called Fresh yeast.
- Conching:** A step in the manufacturing of chocolate, the purpose of which is to create a fine, smooth texture.
- Condensed milk:** Heavily sweetened milk that has had 60 percent of the water content removed.
- Confectioners' chocolate:** See Couverture.
- Confectioners' sugar:** Sucrose ground to a fine powder and mixed with a little cornstarch to prevent caking.
- Confiseur (cone fee SUR):** A confectioner, or candy maker.
- Contact method:** A decorating technique in which the tip of a paper cone of icing stays in contact with the decorated surface.
- Contaminated:** Containing a harmful substance not originally present in the food.
- Cooked fruit method:** A method for making pie fillings in which the fruit is cooked and thickened before being placed in the pie crust.
- Cooked juice method:** A method for making pie fillings in which the fruit juices are cooked, thickened, and mixed with the fruit.
- Cookie:** North American name for a small, flat, baked treat, usually containing fat, flour, eggs, and sugar. Known in England and other English-speaking countries as "biscuit."
- Cornstarch pudding:** A sweetened liquid, usually milk and flavorings, boiled with cornstarch to thicken it.
- Corn syrup:** A syrup made from corn, consisting mostly of glucose.

- Corrective action:** In the HACCP system, a procedure that must be followed whenever a critical limit is not met.
- Coulis (koo LEE):** A sweetened fruit purée, used as a sauce.
- Coupe:** A dessert consisting of one or two scoops of ice cream or sherbet placed in a dish or glass and topped with any of a number of syrups, fruits, toppings, and garnishes; a sundae.
- Couverture:** Natural, sweet chocolate containing no added fats other than natural cocoa butter; used for dipping, molding, coating, and similar purposes. Also called Confectioner's chocolate.
- Cracked wheat:** A type of wheat meal in which the grains are broken into coarse pieces.
- Cream cheese:** A soft, fresh cheese with a high milk fat content.
- Cream pie:** An unbaked pie containing a pastry cream-type filling.
- Cream pudding:** A boiled pudding made of milk, sugar, eggs, and starch.
- Creaming:** The process of beating fat and sugar together to blend them uniformly and to incorporate air.
- Creaming method:** A mixing method that begins with the blending of fat and sugar; used for cakes, cookies, and similar items.
- Crème anglaise (krem awn GLEZZ):** A light vanilla-flavored custard sauce made of milk, sugar, and egg yolks.
- Crème brûlée:** French for "burnt cream"; a rich custard with a brittle top crust of caramelized sugar.
- Crème caramel:** A custard baked in a mold lined with caramelized sugar, then unmolded.
- Crème chantilly (krem shawn tee YEE):** Sweetened whipped cream flavored with vanilla.
- Crème Chiboust (krem shee BOO):** A cream filling made of pastry cream, gelatin, meringue, and flavorings.
- Crème fraîche (krem fresh):** A slightly aged, cultured heavy cream with a slightly tangy flavor.
- Crèmeux:** A type of cream or pudding consisting of crème anglaise plus one or more thickeners or binders, such as chocolate, gelatin, or butter.
- Crêpe (krep):** A very thin French pancake, often served rolled around a filling.
- Crêpes Suzette:** French pancakes served in a sweet sauce flavored with orange.
- Crisp:** (1) A baked fruit dessert with a streusel topping. (2) A confection or garnish consisting of a very thin slice of fruit that has been dried.
- Critical control point (CCP):** An action that can be taken to eliminate or minimize a food safety hazard.
- Croissant (krwa SAWN):** A flaky, buttery yeast roll shaped like a crescent and made from a rolled-in dough.
- Cross-contamination:** The transfer of pathogens to food from another food or from work surfaces or equipment.
- Crumb:** The interior of a baked item, distinct from the crust.
- Crumb crust:** A piecrust made of cookie crumbs, butter, and sugar.
- Crystallize:** To form crystals, as in the case of dissolved sugar.
- Cuisinier (kwee zeen YAY):** A cook; the head of a kitchen.
- Custard:** A liquid thickened or set by the coagulation of egg protein.
- Dark chocolate:** Sweetened chocolate that consists of chocolate liquor and sugar.
- Dark couverture:** Couverture consisting of chocolate liquor and sugar; contains no milk solids.
- Deci-:** Prefix in the metric system meaning *one-tenth*.
- Décor:** Small food items whose primary purpose is decoration.
- Décorateur:** A pastry chef who specializes or is skilled in decorative work, such as showpieces, sugar work, and fancy cakes.
- Degree Celsius:** Unit of measure of temperature in the metric system. One degree Celsius is $\frac{1}{100}$ of the temperature range between the freezing point and the boiling point of water.
- Demerara sugar:** A type of crystalline brown sucrose.
- Dessert syrup:** A flavored sugar syrup used to flavor and moisten cakes and other desserts.
- Devil's food cake:** A chocolate cake made with a high percentage of baking soda, which gives the cake a reddish color.
- Diastase:** Various enzymes found in flour and in diastatic malt that convert starch into sugar.
- Disaccharide:** A complex or double sugar, such as sucrose.
- Dobos torte:** A Hungarian cake made of seven thin layers, filled with chocolate buttercream, and topped with caramelized sugar.
- Docking:** Piercing or perforating pastry dough before baking in order to allow steam to escape and to avoid blistering.
- Double-acting baking powder:** Baking powder that releases some of its gases when it is mixed with water and the remaining gases when it is heated.
- Double-panning:** Placing a baking sheet or pan on or in a second pan to prevent scorching the bottom of the product being baked.
- Dough conditioner:** Any of a variety of ingredients added by the baker during production of yeast products to improve gluten development, aid yeast fermentation, and delay staling. Also called *dough improver*.
- Dough relaxation:** A period of rest in the production of yeast dough during which gluten strands become adjusted to their new length and become less tight.
- Dough strength:** An indication of the texture and gluten development of a yeast dough; a combination of elasticity, tenacity, and extensibility.
- Drained weight:** The weight of solid canned fruit after draining off the juice.
- Dredge:** To sprinkle or coat thoroughly with sugar or another dry powder.
- Dried whole milk:** A powdered form of whole milk with the water content removed.
- Drop batter:** A batter that is too thick to pour but will drop from a spoon in lumps.
- Dropped:** A cookie makeup method in which portions of dough are measured with a scoop or spoon and dropped onto a baking pan.
- Drop-string method:** A decorating technique in which the tip of a paper cone of icing stays above the decorated surface and the icing drops as a string onto the surface. Also used to suspend strings of icing between two points.
- Durum flour:** Flour made from durum wheat, a high-gluten wheat, and used primarily to make spaghetti and other dried pasta.
- Dutch process cocoa:** Cocoa processed with an alkali to reduce its acidity. Also called *Dutched cocoa*.
- Éclair:** A cylindrical piece of baked éclair paste with a pastry cream filling.
- Éclair paste:** A paste or dough made of boiling water or milk, butter, flour, and eggs; used to make éclairs, cream puffs, and similar products.
- Egg-foam cake:** A cake leavened primarily by whipped eggs; it usually has a low percentage of fat.
- Elasticity:** The ability of a dough to spring back when it is stretched.
- Empty calorie:** A food that provides few nutrients per calorie.
- Emulsified shortening:** Shortening containing emulsifiers and used for high-ratio cakes.
- Emulsion:** A uniform mixture of two or more normally unmixable substances.
- Endosperm:** The starchy inner portion of grain kernels.
- English muffin:** A yeast dough product made in the shape of a disk and cooked on a griddle.
- Enriched flour:** Flour to which vitamins and minerals are added to compensate for the nutrients lost when the bran and germ are removed.
- EP weight:** Edible portion; the weight of an item after trimming.
- Escoffier, Georges-August:** Most important chef of late nineteenth and early twentieth century; organized cooking principles and kitchen hierarchy.
- Evaporated milk:** Milk, either whole or skim, that has had 60 percent of the water removed.

- Extensibility:** The ability of a dough to be stretched.
- Extract:** A flavoring ingredient consisting of flavorful oils or other substances dissolved in alcohol.
- Extraction:** The portion of the grain kernel separated into a particular grade of flour. Usually expressed as a percentage.
- Facultative:** Able to live and grow with or without the presence of oxygen; said of some bacteria.
- Fat:** Any of a group of compounds consisting of chains of fatty acids that supply energy to the body in a concentrated form.
- Fermentation:** The process by which yeast changes carbohydrates into carbon dioxide gas and alcohol.
- Fiber:** A type of complex carbohydrate that is not absorbed by the body but is necessary for the proper functioning of the digestive system.
- Final development stage:** The stage of yeast dough mixing in which gluten becomes smooth and elastic.
- Flaky piecrust:** A piecrust that has a flaky texture due to layers of fat sandwiched between layers of dough.
- Flaky pie dough:** A pie dough that has a flaky texture when baked. *See* Flaky piecrust.
- Flat icing:** A simple icing made of confectioners' sugar and water, usually used for Danish pastries and sweet rolls.
- Flooding:** Covering a plate, or a portion of a plate, with sauce
- Flour-batter method:** A cake-mixing method in which the flour is first mixed with the fat.
- Flow of food:** The path food travels in a food service operation, from receiving to serving.
- Foaming:** The process of whipping eggs, with or without sugar, to incorporate air.
- Focaccia:** A flat Italian bread similar to a thick pizza dough.
- Fondant:** A type of icing made of boiled sugar syrup that is agitated so it crystallizes into a mass of extremely small white crystals.
- Food Danger Zone:** The temperature range of 41° to 135°F (5° to 57°C), in which bacteria grow rapidly.
- Food intolerance:** A nonallergic reaction to a food that may be characterized by any of a variety of undesirable symptoms.
- Formula:** A set of ingredients and quantities and, usually, instructions for preparing a bakery product; a baker's recipe.
- Fortified nonfat or low-fat milk:** Milk that has had all or part of the fat removed and that contains added substances, such as vitamins A and D, that increase its nutritional value.
- Fougasse:** A regional French bread made in the shape of a trellis or ladder.
- Four-fold:** A technique used to increase the number of layers in puff pastry or Danish pastry by folding the dough in fourths.
- Frangipane:** A type of almond-flavored cream.
- French bread:** Any of a variety of crisp-crustured yeast breads usually consisting only of flour, water, yeast, and salt.
- French doughnut:** A fried pastry made of choux paste.
- French meringue:** Egg whites and sugar whipped to a foam; also called common meringue.
- French pastry:** Any of a variety of small fancy cakes and other pastries, usually in single-portion sizes.
- French-style ice cream:** Ice cream containing egg yolks.
- Fresh yeast:** *See* Compressed yeast.
- Fritter:** A deep-fried item made of or coated with a batter or dough.
- Frozen mousse:** A still-frozen dessert containing whipped cream.
- Frozen soufflé:** A frozen mousse served in a soufflé dish or ramekin so that it resembles a baked soufflé.
- Frozen yogurt:** A frozen dessert similar to ice cream but made with yogurt instead of or in addition to milk.
- Fruit cake:** A loaf cake containing a high percentage of dried and candied fruits and, usually, nuts.
- Fruit gratin:** A dessert consisting of fruit plus a topping, browned under a broiler.
- Fruit pie:** A baked single- or double-crust pie with a fruit filling.
- Fruit torte:** A layer cake topped with a decorative arrangement of fruit.
- Fungus:** A class of organisms that includes yeasts, molds, and mushrooms.
- Fusion cuisine:** The use of techniques and ingredients from more than one regional cuisine in a single dish.
- Ganache (gah NAHSH):** A rich cream made of sweet chocolate and heavy cream.
- Garnish:** An edible item added to another food as a decoration or accompaniment.
- Gâteau (gah tow):** French word for "cake."
- Gâteau St-Honoré:** A pastry consisting of a base made of short pastry and pâte à choux and a cream filling, usually crème Chiboust or crème diplomat.
- Gaufre (GO fr):** French for "waffle."
- Gelatin:** A water-soluble protein extracted from animal tissue; used as a jelling agent.
- Gelatinization:** The process by which starch granules absorb water and swell in size.
- Gelato:** Italian ice cream.
- Gelée (zhuh LAY):** (1) A liquid thickened with gelatin. (2) Any other kind of jelly, especially one set with pectin.
- Genoise:** A sponge cake made by whipping whole eggs with sugar and folding in flour and, sometimes, melted butter.
- Germ:** The plant embryo portion of a grain kernel.
- Glacé (glah SAY):** (1) Glazed; coated with icing; (2) frozen.
- Glacier (glah see YAY):** A chef whose specialty is ice cream.
- Glaze:** (1) n. A shiny coating, such as a syrup, applied to a food. (2) v. To make a food shiny or glossy by coating it with a glaze or by browning it under a broiler or in a hot oven.
- Gliadin:** A protein in wheat flour that combines with another protein, glutenin, to form gluten.
- Glucose:** A simple sugar available in the form of a clear, colorless, tasteless syrup.
- Gluten:** An elastic substance formed from proteins present in wheat flours that gives structure and strength to baked goods.
- Glutenin:** *See* Gliadin.
- Gluten window:** A thin membrane of yeast dough made in order to test gluten development.
- Gram:** The basic unit of weight in the metric system; equal to about one-thirtieth of an ounce.
- Granita:** Italian equivalent of the French term Granité.
- Granité (grah nee TAY):** A coarse, crystalline frozen dessert made of water, sugar, and fruit juice or another flavoring.
- Granulated sugar:** Sucrose in a fine crystalline form.
- Gum paste:** A type of sugar paste or pastillage made with vegetable gum.
- HACCP:** Hazard Analysis Critical Control Points. HACCP is a food safety system of self-inspection designed to highlight hazardous foods and to ensure proper food handling, by identifying, monitoring, and controlling dangers of food contamination.
- Half-and-half:** A kind of high-fat milk or low-fat cream containing 10 to 18 percent milk fat.
- Hard meringue:** A meringue baked until crisp.
- Hard sauce:** A flavored mixture of confectioners' sugar and butter; often served with steamed puddings.
- Hard wheat:** Wheat high in protein.
- Hazard:** A potentially dangerous food condition caused by contamination, growth of pathogens, survival of pathogens, or presence of toxins.
- Head baker:** The professional in charge of staff and production in a bakery.
- Hearth bread:** A bread baked directly on the bottom of the oven, not in a pan.
- Heavy pack:** A type of canned fruit or vegetable with very little added water or juice.

- High-fat cake:** A cake with a high percentage of fat; distinguished from a sponge or egg-foam cake.
- High-ratio method:** See Two-stage method.
- High-ratio:** (1) Term referring to cakes and cake formulas mixed by a special method and containing more sugar than flour. (2) The mixing method used for these cakes. (3) Term referring to certain specially formulated ingredients used in these cakes, such as shortening.
- Homogenized milk:** Milk processed so the cream does not separate out.
- Hot milk and butter sponge:** A sponge cake batter in which a mixture of warm milk and melted butter is mixed into the batter.
- Hydration:** The process of absorbing water.
- Hydrogenation:** A process that converts liquid oils to solid fats (shortenings) by chemically bonding hydrogen to the fat molecules.
- Ice cream:** A churn-frozen mixture of milk, cream, sugar, flavorings, and, sometimes, eggs.
- Ice milk:** A frozen dessert similar to ice cream, but with a lower fat content.
- Icebox:** A cookie makeup method in which the dough is shaped into cylinders, refrigerated until firm, and then sliced.
- Ice:** A frozen dessert made of water, sugar, and fruit juice.
- Icing comb:** A plastic triangle with toothed or serrated edges; used for texturing icings.
- Icing screen:** A screen on which cakes are set when iced or glazed, allowing excess to run off.
- Improved mix:** A yeast dough mixing technique that combines a medium mixing period with a medium fermentation period.
- Initial development stage:** The first part of the development stage of mixing yeast doughs, in which the dough still appears rough and undermixed.
- Instant dry yeast:** A dry, granular yeast product that does not require hydration before being added to doughs.
- Instant starch:** A starch that thickens a liquid without cooking because it has been precooked.
- Intensive mix:** A yeast dough mixing technique that combines a long mixing period with a short fermentation period.
- Inversion:** A chemical process in which a double sugar splits into two simple sugars.
- Invert sugar:** A mixture of two simple sugars, dextrose and levulose, resulting from the breakdown of sucrose.
- Isomalt:** A compound derived from sucrose, used as a dietary sugar substitute and as an alternative to sugar in decorative sugar work.
- Italian meringue:** A meringue made by whipping a boiling syrup into egg whites.
- Jalebi:** A type of Indian dessert made of deep-fried batter soaked in syrup.
- Japonaise (zhah po nez):** A baked meringue flavored with nuts.
- Kernel paste:** A nut paste, similar to almond paste, made of apricot kernels and sugar.
- Kilo-:** Prefix in the metric system meaning *one thousand*.
- Kirsch:** A clear alcoholic beverage distilled from cherries.
- Kirsch torte:** A torte made of genoise, meringue disks, and buttercream, and flavored with kirsch.
- Kugelhopf:** A type of rich, sweet bread or coffee cake, usually made in a tube-type pan.
- Lactobacilli:** A group of bacteria primarily responsible for producing the acidity in sourdough starters.
- Lacto-ovo-vegetarian:** A vegetarian diet that allows dairy products and eggs.
- Lactose:** A form of sugar naturally present in milk.
- Lacto-vegetarian:** A vegetarian diet that allows milk and other dairy products.
- Ladyfinger:** A small, dry, finger-shaped sponge cake or cookie.
- Lag phase:** A period after bacteria have been introduced to a new environment and before they begin to grow and reproduce.
- Laminated dough:** A dough consisting of many alternating layers of dough and butter or other fat.
- Langue de chat (lawng duh SHAH):** A thin, crisp cookie. The French name means “cat’s tongue,” referring to the shape of the cookie.
- Lattice crust:** A top crust for a pie made of strips of pastry in a crisscross pattern.
- Lean dough:** A dough low in fat and sugar.
- Leavening:** The production or incorporation of gases in a baked product to increase volume and to produce shape and texture.
- Lecithin:** An emulsifier usually derived from soybeans.
- Levain:** Sourdough starter.
- Levain-levure:** French for yeast pre-ferment.
- Levure:** Commercial yeast.
- Light cream:** Cream with a fat content of 18 to 30%.
- Linzertorte:** A tart made of raspberry jam and a short dough containing nuts and spices.
- Lipid:** Any of a group of compounds containing fats and cholesterol.
- Liquid levain:** A thin or batter-like sourdough starter.
- Liter:** The basic unit of volume in the metric system; equal to slightly more than 1 quart.
- Long-fermentation dough:** A yeast dough that requires a long fermentation period.
- Low-fat milk:** Milk with a fat content of 0.5 to 2%.
- Macaron:** French spelling for macaroon.
- Macaroon:** A cookie made of eggs (usually whites) and almond powder, almond paste, or coconut.
- Maillard reaction:** A chemical reaction that causes the browning of proteins and sugars together when subjected to heat.
- Malt syrup:** A type of syrup containing maltose sugar, extracted from sprouted barley.
- Marble:** To partly mix two colors of cake batter or icing so the colors are in decorative swirls.
- Margarine:** An artificial butter product made of hydrogenated fats and flavorings.
- Marron:** French for “chestnut.”
- Marshmallow:** A light confection, icing, or filling made of meringue and gelatin (or other stabilizers).
- Marshmallow icing:** Boiled icing with the addition of gelatin.
- Marzipan:** A paste or confection made of almonds and sugar and often used for decorative work.
- Mature (dough):** The ideal stage of development for a yeast dough.
- Mature (fruit):** Fruit that has completed its development and is physiologically capable of continuing the ripening process, even after removal from the plant.
- Maza:** An early type of bread; cakes of grain paste baked by the ancient Greeks.
- Meal:** Coarsely ground grain.
- Mealy piecrust:** A piecrust in which the fat has been mixed in thoroughly enough so the dough does not have a flaky texture.
- Mealy pie dough:** A pie dough that has a mealy texture when baked. See Mealy piecrust.
- Melba sauce:** A sweet sauce made of puréed raspberries and, sometimes, red currants.
- Meringue:** A thick, white foam made of whipped egg whites and sugar.
- Meringue chantilly (shawn tee YEE):** Baked meringue filled with whipped cream.
- Meringue glacée:** Baked meringue filled with ice cream.
- Meter:** The basic unit of length in the metric system; slightly longer than 1 yard.
- Metric system:** A measurement system based entirely on decimals.
- Microorganism:** A life form, such as bacteria, too small to be seen without a microscope.
- Milk chocolate:** Sweetened chocolate containing milk solids.
- Milk chocolate couverture:** Couverture consisting of chocolate liquor, sugar, and milk solids.

- Milk fat:** The fat content of milk; also called butterfat.
- Millefeuille (mee foy):** French term for napoleon; literally, “thousand leaves.” Also used for various layered desserts.
- Milli-:** Prefix in the metric system meaning *one-thousandth*.
- Mineral:** An inorganic element, such as calcium, iron, potassium, sodium, or zinc, that is essential to nutrition
- Mixed fermentation:** A type of yeast dough fermentation utilizing both a pre-ferment or sour starter and a commercial yeast.
- Molding chocolate:** A thick paste made of chocolate and glucose that can be molded by hand into decorative shapes.
- Modified straight dough method:** A mixing method similar to the straight dough method, except the fat and sugar are mixed together first to ensure uniform distribution. Used for rich doughs.
- Molasses:** A heavy brown syrup made from sugarcane.
- Molded:** A cookie makeup method in which the dough is shaped into cylinders, cut into equal portions, and shaped as desired.
- Monosaccharide:** A simple or single sugar such as glucose and fructose.
- Monounsaturated fat:** A type of fat, normally liquid at room temperature, that contains one double bond in its carbon chain.
- Mousse:** A soft or creamy dessert made light by the addition of whipped cream, egg whites, or both.
- Muffin method:** A mixing method in which the mixed dry ingredients are combined with the mixed liquid ingredients.
- Napoleon:** A dessert made of layers of puff pastry filled with pastry cream.
- Natural sour:** See Sourdough starter.
- Natural starter:** See Sourdough starter.
- Net weight:** The weight of the total contents of a can or package.
- Nonfat milk:** Milk with all the fat removed.
- Nonfat dried milk:** Fat-free milk with all the moisture removed.
- No-time dough:** A bread dough made with a large quantity of yeast and given no fermentation time, except for a short rest after mixing.
- Nougatine:** A mixture of caramelized sugar and almonds or other nuts, used in decorative work and as a confection and flavoring.
- Nouvelle cuisine:** Important cooking style of the 1960s and 1970s, known for lighter flavors and elaborate plating styles.
- Nutrient:** A substance essential for the functioning or growth of an organism.
- Nutrient density:** The quantity of nutrients per calorie.
- Oil:** A liquid fat.
- Old dough:** A dough that is overfermented.
- One-stage method:** (1) A cookie-mixing method in which all ingredients are added to the bowl at once. (2) A cake-mixing method in which all the ingredients, including high-ratio liquid shortening, are mixed together at once.
- Opera cake:** A layer cake made of thin sponge layers, coffee-flavored buttercream, and chocolate ganache.
- Opson:** In ancient Greece, any food eaten with bread.
- Osmotolerant yeast:** A type of yeast that can remain active even in a high concentration of sugar. Used for sweet doughs.
- Othello:** A small (single-portion size), spherical sponge cake filled with cream and iced with fondant.
- Outlining:** Drawing shapes on a plate with chocolate or a thick sauce prior to filling in the spaces in those shapes with one or more sauces.
- Oven spring:** The rapid rise of yeast goods in the oven due to the production and expansion of trapped gases caused by the oven heat.
- Overrun:** The increase in volume of ice cream or frozen desserts caused by the incorporation of air while freezing.
- Ovo-vegetarian:** Referring to a vegetarian diet that allows eggs.
- Oxidation:** The process that occurs when oxygen reacts with other compounds or elements. In the bakeshop, it usually refers to oxidation of components of flour during mixing.
- Pain d'épice (pan day peece):** French for “spice bread.” A type of gingerbread.
- Pain de campagne:** French country-style bread.
- Palmier (palm yay):** A small pastry or petit four sec made of rolled, sugared puff pastry cut into slices and baked.
- Panettone:** An Italian sweet bread made in a large loaf, generally containing dried and candied fruits.
- Panna cotta:** An Italian pudding made of cream, gelatin, and flavorings; literally, “cooked cream.”
- Paper cone:** A tool made of parchment paper formed into a cone and filled with icing, sauce, or other semi-liquid. Used for decorative work.
- Parasite:** An organism that can survive only by living on, with, or inside another organism.
- Parfait:** (1) A type of sundae served in a tall, thin glass. (2) A still-frozen dessert made of egg yolks, syrup, and heavy cream.
- Paris-Brest:** A dessert consisting of a ring of baked éclair paste filled with cream.
- Pasteurize:** To heat-treat substances, such as milk, to kill bacteria that might cause disease or spoilage.
- Pastillage (pahs tee yahzh):** A sugar paste used for decorative work, which becomes very hard when dry.
- Pastry cream:** A thick custard sauce containing eggs and starch.
- Pastry flour:** A weak flour used for pastries and cookies.
- Pastry method:** A mixing method in which the fat is mixed with the dry ingredients before the liquid ingredients are added. Also called Biscuit method.
- Pâte à choux (paht ah shoo):** Éclair paste.
- Pâte brisée:** A type of rich pastry dough used primarily for tarts.
- Pâte fermentée:** Fermented dough, used as a starter.
- Pâte feuilleté (PAHT fuh yuh TAY):** French name for puff pastry.
- Pâte sablée:** A rich, crumbly pastry dough high in fat. Also called *short dough*.
- Pâte sucrée:** A type of pastry dough similar to pâte brisée but higher in sugar.
- Patent flour:** A fine grade of wheat flour milled from the inner portions of the kernel.
- Pathogen:** A disease-causing microorganism.
- Pâtissier (pah tis YAY):** A pastry chef.
- Peasant tart:** A baked tart with a custard filling containing prunes.
- Pectin:** A soluble plant fiber, used primarily as a jelling agent for fruit preserves and jams.
- Peel:** A flat wooden shovel used to place hearth breads in an oven and to remove them.
- Pentosan:** A category of carbohydrate gums present in wheat flour and having strong water absorption capability.
- Petit four (p'tee foor):** A delicate cake, pastry, cookie, or confection small enough to be eaten in one or two bites.
- Petit four glacé:** An iced or cream-filled petit four.
- Petit four sec:** An un-iced or unfilled petit four (*sec* means “dry”), such as a small butter cookie or palmier.
- pH:** A measure of the acidity or alkalinity of a substance.
- Philadelphia-style ice cream:** Ice cream containing no eggs.
- Phyllo (FEE lo) dough:** A paper-thin dough or pastry used to make strudels and various Middle Eastern and Greek desserts.
- Pickup stage:** The first stage of yeast dough mixing, in which the loose dry ingredients are gradually picked up and incorporated into the developing dough.
- Piping jelly:** A transparent, sweet jelly used for decorating cakes.
- Pithiviers (pee tee vyay):** A cake made of puff pastry filled with almond cream.
- Plant toxin:** Any poison naturally present in plants.
- Poissonier:** The station chef in charge of fish preparation.
- Polyunsaturated fat:** A type of fat, normally liquid at room temperature, that contains more than one double bond in its carbon chain.
- Poolish:** A thin yeast starter made with equal parts flour and water, plus commercial yeast.
- Pot de crème (poh duh krem):** A rich baked custard.

- Pound cake:** (1) A cake made of equal weights of flour, butter, sugar, and eggs; (2) any cake resembling this.
- Pour batter:** A batter liquid enough to pour.
- Poured sugar:** Sugar boiled to the hard-crack stage and then poured into molds to harden. Also called *cast sugar*.
- Praline:** A confection or flavoring made of nuts and caramelized sugar.
- Pre-ferment:** A fermented dough or batter used to provide leavening for a larger batch of dough.
- Press:** A scaled piece of dough divided into small, equal units in a dough divider.
- Profiterole:** A small puff made of éclair paste. Often filled with ice cream and served with chocolate sauce.
- Proofing:** Fermenting made-up yeast products to increase their volume and lighten their texture before baking.
- Protein:** Any of a group of nutrients essential for growth, building body tissue, and basic body functions, and that can also be used for energy if the diet does not contain enough carbohydrates and fats.
- Puff pastry:** A very light, flaky pastry made from a rolled-in dough and leavened by steam.
- Pulled sugar:** Sugar boiled to the hard-crack stage, allowed to harden slightly, then pulled or stretched until it develops a pearly sheen.
- Pullman loaf:** A long, rectangular loaf of bread.
- Pumpnickel flour:** A coarse, flaky meal made from whole rye grains.
- Punching:** A method of expelling gases from fermented dough.
- Purée:** A food made into a smooth pulp, usually by being ground or forced through a sieve.
- Quenelle (kuh NELL):** A small oval portion of food.
- Recipe:** A set of instructions, including ingredients and quantities, for preparing a certain dish. *See* also Formula.
- Regular shortening:** Any basic shortening without emulsifiers, used for creaming methods and for icings.
- Retarder-proofer:** An automated, timer-controlled combination of retarder/freezer and proofer, used for holding and proofing yeast products.
- Retarding:** Refrigerating a yeast dough to slow its fermentation.
- Reversed puff pastry:** A type of puff pastry made with the dough enclosed between layers of butter.
- Ribbon sponge:** A thin sponge cake layer with a decorative design made of stencil paste.
- Rice condé:** A thick, molded rice pudding, usually topped with fruit.
- Rice impératrice:** A rich rice pudding containing whipped cream, candied fruits, and gelatin.
- Rich dough:** A dough high in fat, sugar, and/or eggs.
- Ripe (fruit):** Fruit that is at its peak of texture, flavor, and sweetness, and ready to be consumed.
- Rolled:** A cookie makeup method in which the dough is rolled out into a sheet and cut into shapes with cookie cutters.
- Rolled fondant:** A dough-like sugar product with the texture of a stiff dough. Rolled into thin sheets and used to cover cakes.
- Rolled-in dough:** Dough in which a fat has been incorporated in many layers using a rolling and folding procedure.
- Roller milling:** A process of milling wheat into flour that involves repeatedly cracking and sifting the grain.
- Rôtisseur (ro tee sur):** Roast cook or meat cook.
- Rounding:** A method of molding a piece of dough into a round ball with a smooth surface or skin.
- Royal icing:** A form of icing made of confectioners' sugar and egg whites; used for decorating.
- Rye blend:** A mixture of rye flour and hard wheat flour.
- Rye flour:** Rye grain milled into a flour.
- Rye meal:** Coarse rye flour.
- Sabayon:** A foamy dessert or sauce made of egg yolks whipped with wine or liqueur.
- Sablage:** *See* Sanding method.
- Sachertorte:** A rich chocolate cake from Vienna.
- Sacristain (sak ree stan):** A small pastry made of a twisted strip of puff paste coated with nuts and sugar.
- Sanding method:** A pastry- and cookie-mixing method involving blending the fat with the dry ingredients and then adding in egg.
- Saturated fat:** A fat that is normally solid at room temperature.
- Saucier:** The station chef who prepares sauces and stews and sautés foods to order.
- Savarin:** A type of yeast bread or cake soaked in syrup.
- Scaling:** Weighing, usually ingredients, doughs, or batters.
- Scone:** A type of biscuit or biscuitlike bread.
- Scone flour:** A mixture of flour and baking powder used when very small quantities of baking powder are needed.
- Seeding:** A technique for tempering chocolate by adding grated tempered chocolate to melted chocolate to cool it.
- Self-rising flour:** White flour to which baking powder and, sometimes, salt has been added.
- Sfogliatelle (SFO lee ah TELL eh):** A southern Italian flaky turnover pastry with a sweet cheese filling.
- Sheet:** A cookie makeup method in which the dough is baked in sheets and then cut into portions.
- Sherbet:** A frozen dessert made of water, sugar, fruit juice, and, sometimes, milk or cream.
- Short:** Having a high fat content, which makes the product (such as a cookie or pastry) very crumbly and tender.
- Shortbread:** A crisp cookie made of butter, sugar, and flour.
- Short dough:** A pastry dough, similar to a basic cookie dough, made of flour, sugar, and fat. *See* also Short.
- Shortening:** (1) Any fat used in baking to tenderize the product by shortening gluten strands. (2) A white, tasteless, solid fat formulated for baking or deep frying.
- Short-fermentation straight dough:** A yeast dough, usually with a high percentage of yeast, that is fermented for only a short time before being made up and baked.
- Short mix:** A yeast dough mixing technique combining a short mixing period with long fermentation.
- Simple fold:** One part of the procedure for making Danish and croissant dough, which requires folding the dough in thirds. Also called *three-fold*.
- Simple presentation:** A style of plating a dessert consisting of a portion of one dessert plus optional sauces and garnishes.
- Simple sugar:** A sugar with the simplest or smallest possible molecule, containing 6 carbon atoms. Glucose is a simple sugar.
- Simple syrup:** A syrup consisting of sucrose and water in varying proportions.
- Single-acting baking powder:** Baking powder that releases gases as soon as it is mixed with water.
- Skim milk:** Milk with all the fat removed.
- Sodium bicarbonate:** Baking soda; a chemical that releases carbon dioxide gas when combined with an acid.
- Soft meringue:** The type of meringue traditionally used for pie toppings; usually with a low percentage of sugar.
- Soft pie:** A single-crust pie with a custard-type filling—that is, a filling that sets or coagulates due to its egg content.
- Soft wheat:** Wheat low in protein.
- Solid pack:** A type of canned fruit or vegetable with no water added.
- Sorbet (sor BAY):** French for “sherbet.”
- Sorbetto:** Italian for “sherbet.”
- Soufflé:** (1) A baked dish containing whipped egg whites, which cause the dish to rise during baking. (2) A still-frozen dessert made in a soufflé dish so it resembles a baked soufflé.
- Sour:** Sourdough starter.

- Sour cream:** A cream, usually with about 18% milk fat, that has been fermented by bacteria until thick.
- Sourdough:** A dough leavened by a sourdough starter.
- Sourdough starter:** A dough or batter that contains wild yeasts and bacteria, has a noticeable acidity as a result of fermentation by these organisms, and is used to leaven other doughs.
- Sous chef:** The station chef who assists the executive chef and is directly in charge of the cooking during production.
- Sponge:** A batter or dough of yeast, flour, and water that is allowed to ferment and is then mixed with more flour and other ingredients to make a bread dough.
- Sponge cake:** A type of cake made by whipping eggs and sugar to a foam, then folding in flour.
- Sponge method:** A cake- and cookie-mixing method based on whipped eggs and sugar.
- Sponge roll:** See Swiss roll.
- Spread:** The tendency of a cookie to expand and flatten out when baked.
- Spun sugar:** Boiled sugar made into long, thin threads by dipping wires into the sugar syrup and waving them so the sugar falls off in fine streams.
- Staling:** The change in texture and aroma of baked goods due to the loss of moisture by the starch granules.
- Standardized formula:** A set of instructions describing the way a particular establishment prepares a certain baked item.
- Starch retrogradation:** A chemical change of starch molecules that is responsible for staling.
- Stencil:** A pattern or design cut from plastic or cardboard, used for depositing batter for thin cookies made in decorative shapes.
- Stencil paste:** A type of thin cookie or wafer dough used to make cookies in decorative shapes; also used to make decorative patterns in ribbon sponge.
- St-Honoré:** (1) A dessert made of a ring of cream puffs set on a short dough base and filled with a type of pastry cream; (2) the cream used to fill this dessert, made of pastry cream and whipped egg whites.
- Stirred custard:** A custard stirred while it is cooked so it thickens but does not set.
- Stollen:** A type of sweet yeast bread with fruit.
- Straight dough method:** A mixing method for yeast goods in which all ingredients are mixed together at once.
- Straight flour:** Flour made from the entire wheat kernel minus the bran and germ.
- Stream:** The portion of flour that is separated in any one of the stages in the roller-milling of grain.
- Streusel (STROY sel):** A crumbly topping for baked goods, consisting of fat, sugar, and flour rubbed together.
- String work:** The production of decorative icing designs using a paper cone; see drop-string method.
- Strong flour:** Flour with a high protein content.
- Strudel:** A baked item consisting of a filling rolled up in a sheet of strudel dough or phyllo dough.
- Strudel dough:** A type of dough that is stretched until paper-thin.
- Sucralose:** A type of synthetic sweetener derived from sucrose.
- Sucrose:** The chemical name for regular granulated sugar and confectioners' sugar.
- Sugar cage:** A lacy dome of hard or caramelized sugar.
- Sundae:** A dessert consisting of ice cream in a dish, with various sauces and toppings.
- Swiss meringue:** Egg whites and sugar warmed, usually over hot water, and then whipped to a foam.
- Swiss roll:** A thin sponge cake layer spread with a filling and rolled up.
- Syrup:** One or more types of sugar dissolved in water, often with small amounts of other compounds or impurities that give the syrup flavor.
- Syrup pack:** A type of canned fruit containing sugar syrup.
- Tablet:** A technique for tempering chocolate by cooling it on a marble slab.
- Tart:** A flat, baked item consisting of a pastry and a sweet or savory topping or filling; similar to a pie but usually thinner.
- Tarte Tatin:** An upside-down apple tart.
- Tempering:** The process of melting and cooling chocolate to a specific temperature to prepare it for dipping, coating, or molding.
- Tenacity:** The resistance of a dough to being stretched.
- Three-fold:** A technique used to increase the number of layers in puff pastry or Danish pastry by folding the dough in thirds.
- Tiramisù:** An Italian dessert made of ladyfinger sponge, flavored with espresso coffee and a creamy cheese filling.
- Torte:** German for various types of cakes, usually layer cakes.
- Trans fat:** A solid fat, usually manufactured by hydrogenation, that limits the body's ability to rid itself of cholesterol.
- Tulipe:** A thin, crisp cookie molded into a cup shape.
- Tunneling:** A condition of muffin products characterized by large, elongated holes; caused by overmixing.
- Turntable:** A pedestal with a flat, rotating top, used for holding cakes while they are being decorated.
- Two-stage method:** A cake-mixing method that begins with the blending of flour and high-ratio shortening and is followed by the addition of liquids. Also called the *high-ratio method*.
- UHT pasteurization:** Ultra Heat Treated or Ultra High Temperature pasteurization. Subjected to a relatively high heat for a defined period in order to kill microorganisms and extend shelf life.
- Ultrapasteurized:** See UHT pasteurization.
- Unsaturated fat:** A fat that is normally liquid at room temperature.
- Vacherin (vahsh er ran):** A crisp meringue shell filled with cream, fruits, or other items.
- Vegan:** A vegetarian diet that excludes all animal products, including dairy products and eggs.
- Virus:** An extremely small microorganism, smaller than bacteria, responsible for a variety of diseases.
- Vital wheat gluten:** Wheat gluten in a concentrated form, usually about 75% by weight, added to flour to improve the quality of yeast-raised doughs.
- Vitamin:** Any of a group of compounds that are present in foods in very small quantities and are necessary for regulating body functions.
- Wash:** (1) n. A liquid brushed onto the surface of a product, usually before baking. (2) v. To apply such a liquid.
- Water hardness:** The mineral content of water.
- Water pack:** A type of canned fruit or vegetable containing the water used to process the item.
- Weak flour:** Flour with a low protein content.
- Whipping cream:** Cream with a high enough fat content, usually above 30%, to enable it to be whipped into a foam.
- White couverture:** A confection consisting of cocoa butter, milk solids, and sugar. Sometimes erroneously called white chocolate.
- Whole milk:** Milk with 3.5% fat content.
- Whole wheat flour:** Flour made by grinding the entire wheat kernel, including the bran and germ.
- Yeast pre-ferment:** A dough or batter fermented with commercial yeast and used to provide leavening for a larger batch of dough.
- Yeast starter:** Another name for yeast pre-ferment.
- Yogurt:** Milk cultured with special bacteria until thick.
- Young dough:** A dough that is underfermented.
- Zabaglione:** An Italian dessert or sauce made of whipped egg yolks and Marsala wine.
- Zest:** The colored outer portion of the peel of citrus fruits.

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Cookie Mixing Methods

PROCEDURE: One-Stage Method

1. Scale ingredients accurately. Have all ingredients at room temperature.
2. Place all ingredients in the mixer. With the paddle attachment, mix these ingredients at low speed until uniformly blended. Scrape down the sides of the bowl as necessary.

PROCEDURE: Sponge Method

1. Scale all ingredients accurately. Have all ingredients at room temperature, or warm the eggs slightly for greater volume, as for sponge cakes.
2. Following the procedure given in the formula used, whip the eggs (whole, yolks, or whites) and the sugar to the proper stage (a): soft peaks for whites, thick and light for whole eggs or yolks.
3. Fold in the remaining ingredients as specified in the recipe (b). Be careful not to overmix or to deflate the eggs.



PROCEDURE: Creaming Method

1. Scale ingredients accurately. Have all ingredients at room temperature.
2. Place the fat, sugar, salt, and spices in the mixing bowl. With the paddle attachment, cream these ingredients at low speed. Partway through mixing, stop the machine and scrape down the bowl to ensure even mixing.
3. For light cookies, cream until the mix is light and fluffy, in order to incorporate more air for leavening. For denser cookies, blend to a smooth paste, but do not cream until light.
4. Add the eggs and liquid, if any, and blend in at low speed.
5. Sift in the flour and leavening. Mix until just combined. Do not overmix, or gluten will develop.

Yeast Dough Mixing Methods

PROCEDURE: Straight Dough Mixing Method for Yeast Products

- 1a.** In the bowl that is to be used for mixing the dough, soften fresh yeast or active dry yeast in a little of the water (a).

Fresh yeast: Mix with about 2 times its weight in water, or more.

- Ideal water temperature: 100°F (38°C).

Active dry yeast: Mix with about 4 times its weight in water.

- Ideal water temperature: 105°F (40°C).



- 1b.** If using instant dry yeast, mix it directly with the flour.

- 2.** Add the flour to the mixing bowl.

- 3.** Add the remaining ingredients to the top of the flour in the mixing bowl.

- 4.** Mix to a smooth, developed dough (b).



PROCEDURE: Modified Straight Dough Method

- 1.** If using fresh or active dry yeast, soften the yeast in part of the liquid, using a separate container. If using instant dry yeast, mix it with the flour.
- 2.** Combine the fat, sugar, salt, milk solids, and flavorings and mix until well combined, but do not whip until light.

- 3.** Add the eggs gradually, as fast as they are absorbed.

- 4.** Add the liquid and mix briefly.

- 5.** Add the flour and yeast. Mix to a smooth dough.

PROCEDURE: Sponge Method

- 1.** Combine part or all of the liquid, all of the yeast, and part of the flour (and, sometimes, part of the sugar). Mix into a thick batter or soft dough (a). Let ferment until double in bulk (b).
- 2.** Fold (punch down) and add the rest of the flour and the remaining ingredients. Mix to a uniform, smooth dough.



Quick Bread Mixing Methods

PROCEDURE: Muffin Method

1. Sift together the dry ingredients (a).
2. Combine all liquid ingredients, including melted fat or oil.
3. Add the liquids to the dry ingredients and mix just until all the flour is moistened. The batter will look lumpy. Be careful not to overmix (b).
4. Pan and bake immediately (c). The dry and liquid mixtures may be prepared in advance, but once the mixtures are combined, the batter should be baked without delay, or loss of volume may result.



PROCEDURE: Biscuit Method

1. Scale all ingredients accurately.
2. Sift the dry ingredients together into a mixing bowl.
3. Cut in the shortening, using the paddle attachment or the pastry knife attachment; if you prefer, cut in the fat by hand, using a pastry blender or your fingers. Continue until the mixture resembles a coarse cornmeal (see variations).
4. Combine the liquid ingredients.
5. Add the liquid to the dry ingredients. Mix just until the ingredients are combined and a soft dough is formed. Do not overmix.
6. Bring the dough to the bench and knead it lightly by pressing it out and folding it in half. Rotate the dough 90 degrees between folds.
7. Repeat this procedure 6 to 10 times, or for about 30 seconds. The dough should be soft and slightly elastic but not sticky. Overkneading toughens the biscuits. The dough is now ready for makeup.

VARIATIONS

Changes in the basic procedure produce different characteristics in the finished product:

1. Using slightly more shortening, and cutting it in less—only until the pieces are the size of peas—produces a flakier biscuit.
2. Omitting the kneading step produces very tender, crusty biscuits, but with less volume.

Quick Bread Mixing Methods

PROCEDURE: Creaming Method for Biscuits

1. Combine the fat, sugar, salt, and milk powder (if used) in the bowl of a mixer fitted with the paddle attachment.
2. Blend to a smooth paste. Do not continue to cream, as this would make the biscuits too cakelike in texture (a).
3. Add the eggs gradually and blend in thoroughly (b).
4. Sift together the flour, baking powder, and other dry ingredients.
5. Combine the liquid ingredients.
6. Add the sifted dry ingredients alternately with the liquids. Do this as follows:
 - Add one-fourth of the dry ingredients. Mix until just blended in.
 - Add one-third of the liquid. Mix just until blended in (c).
 - Repeat until all ingredients are used. Scrape down the sides of the bowl occasionally for even mixing (d).



PROCEDURE: Creaming Method for Muffins, Loaves, and Coffee Cakes

1. Combine the fat, sugar, salt, spices, and milk powder (if used) in the bowl of a mixer fitted with the paddle attachment.
2. Cream the ingredients together until light (a).
3. Add the eggs in two or three stages. Cream well after each addition and before adding more eggs (b).
4. Sift together the flour, baking powder, and other dry ingredients.
5. Stir together the liquid ingredients.
6. Add the sifted dry ingredients alternately with the liquids. This is done as follows:
 - Add one-fourth of the dry ingredients. Mix just until blended in (c).
 - Add one-third of the liquid. Mix just until blended in (d).
 - Repeat until all ingredients are used. Scrape down the sides of the bowl occasionally for even mixing.



Cake Mixing Methods

PROCEDURE: Plain Sponge or Genoise Method

1. Scale all ingredients accurately.
2. Combine the eggs, sugar, and salt in a stainless-steel bowl. Immediately set the bowl over a hot-water bath and stir or beat with a whip until the mixture warms to a temperature of about 110°F (43°C) (a). The reason for this step is that the foam attains greater volume if warm.



3. With a wire whip or the whip attachment of a mixer, beat the eggs at high speed until they are very light and thick (b). This may take as long as 10 to 15 minutes if the quantity is large.



4. If any liquid (water, milk, liquid flavoring) is included, add it now. Either whip it in, in a steady stream, or stir it in, as indicated in the recipe.
5. Fold in the sifted flour in 3 or 4 stages, being careful not to deflate the foam. Many bakers do this by hand, even for large batches. Fold gently until all the flour is blended in (c). If any other dry ingredients are used, such as cornstarch or baking powder, sift them first with the flour.



6. Immediately pan and bake the batter. Delays will cause loss of volume.

VARIATION: BUTTER SPONGE OR BUTTER GENOISE

1. Follow the plain sponge procedure through step 5.
2. Carefully fold in the melted butter after the flour has been added. Fold in the butter completely, but be careful not to overmix, or the cake will be tough (d).
3. Immediately pan and bake.



VARIATION: HOT MILK AND BUTTER SPONGE

1. Scale all ingredients accurately. Heat the milk and butter together until the butter is melted.
2. Whip the eggs into a foam, as in the plain sponge method, steps 2 and 3.
3. Fold in the sifted dry ingredients (flour, leavening, cocoa, etc.), as in the basic procedure.
4. Carefully fold in the hot butter and milk in 3 stages. Fold in completely, but do not overmix.
5. Immediately pan and bake.

VARIATION: SEPARATED-EGG SPONGE

1. Follow the basic plain sponge method, but use yolks for the basic foam (steps 2 and 3). Reserve the egg whites and part of the sugar for a separate step.
2. Whip the egg whites and sugar to firm, moist peaks. Fold into the batter alternately with the sifted dry ingredients. Fold in completely, but do not overmix.
3. Immediately pan and bake.

Cake Mixing Methods

PROCEDURE: Angel Food Method

1. Scale ingredients accurately. Have all ingredients at room temperature. The egg whites may be slightly warmed in order to achieve better volume.



2. Sift the flour with half the sugar. This step helps the flour mix more evenly with the foam.

3. Using the whip attachment, beat the egg whites until

they form soft peaks. Add salt and cream of tartar near the beginning of the beating process (a).

4. Gradually beat in the portion of the sugar that was not mixed with the flour (b). Continue to whip until the egg whites form soft, moist peaks (c). Do not beat until stiff. Beat in the flavorings.

5. Fold in the flour-sugar mixture just until it is thoroughly absorbed, but no longer (d).

6. Deposit the mix in ungreased pans (e) and bake immediately.



PROCEDURE: Chiffon Method

1. Scale all ingredients accurately. Have all ingredients at room temperature. Use a good-quality, flavorless vegetable oil.
2. Sift the dry ingredients, including part of the sugar, into the mixing bowl.
3. Mixing with the paddle attachment at second speed, gradually add the oil (a), then the egg yolks (b), water (c), and liquid flavorings, all in a slow, steady stream. While adding the liquids, stop the machine several times to scrape down the bowl and the beater. Mix until smooth, but do not overmix.

4. Whip the egg whites until they form soft peaks. Add the cream of tartar and sugar in a stream and whip to firm, moist peaks.

5. Fold the whipped egg whites into the flour-liquid mixture (d).

6. Immediately deposit the batter in ungreased center-tube pans (like angel food cake pans) or in layer pans with only the bottoms greased and dusted, not the sides (like sponge layers).



Cake Mixing Methods

PROCEDURE: Creaming Method

1. Scale ingredients accurately. Have all ingredients at room temperature (70°F/21°C).
2. Place the butter or shortening in the mixing bowl. With the paddle attachment, beat the fat slowly until it is smooth and creamy.
3. Add the sugar; cream the mixture at moderate speed until the mixture is light and fluffy (a). This will take about 8 to 10 minutes.



Some bakers prefer to add the salt and flavorings with the sugar to ensure uniform distribution.

If melted chocolate is used, it may be added during creaming.

4. Add the eggs a little at a time (b). After each addition, beat until the eggs are absorbed before adding more. After the eggs are beaten in, mix until light and fluffy. This step will take about 5 minutes.



5. Scrape down the sides of the bowl to ensure even mixing.

6. Add the sifted dry ingredients (including the spices, if they were not added in step 3), alternating with the liquids. This is done as follows:

Add one-fourth of the dry ingredients (c). Mix just until blended in.

Add one-third of the liquid (d). Mix just until blended in.

Repeat until all ingredients are used. Scrape down the sides of the bowl occasionally for even mixing.



The reason for adding dry and liquid ingredients alternately is the batter may not absorb all the liquid unless some of the flour is present.

VARIATION

A few creaming-method cakes require an extra step: Egg whites whipped to a foam with sugar are folded into the batter to provide additional leavening.

Cake Mixing Methods

PROCEDURE: One-Stage Method

1. Scale all ingredients accurately. Have all ingredients at room temperature.
2. Combine all liquid ingredients, including high-ratio liquid shortening, in the mixing bowl (a).
3. Sift the dry ingredients together on top of the liquid ingredients in the bowl (b).
4. With the paddle attachment, mix at low speed for 30 seconds (c), until the dry ingredients are moistened. (The purpose of mixing slowly until the dry ingredients are moistened is to keep them from being thrown out of the bowl.)
5. Mix at high speed for 4 minutes. Stop the machine and scrape down the bowl and beater.
6. Mix at medium speed for 3 minutes (d).



PROCEDURE: Two-Stage Method

1. Scale the ingredients accurately. Have all ingredients at room temperature.
2. Sift the flour, baking powder, soda, and salt into the mixing bowl and add the shortening. With the paddle attachment, mix at low speed for 2 minutes. Stop the machine, scrape down the bowl and beater, and mix again for 2 minutes.

If melted chocolate is used, blend it in during this step.

If cocoa is used, sift it with the flour in this step or with the sugar in step 3.
3. Sift the remaining dry ingredients into the bowl and add part of the water or milk. Blend at low speed for 3 to 5 minutes. Stop the machine and scrape down the sides of the bowl and the beater several times to ensure even mixing.
4. Combine the remaining liquids and lightly beaten eggs. With the mixer running, add this mixture to the batter in 3 parts. After each part, turn off the machine and scrape down the bowl.

Continue mixing for a total of 5 minutes in this stage.

The finished batter is normally pourable.

VARIATION

This variation combines steps 2 and 3 above into one step.

1. Scale the ingredients as in the basic method.
2. Sift all dry ingredients into the mixing bowl. Add the shortening and part of the liquid. Mix on low speed for 7 to 8 minutes. Scrape down the sides of the bowl and the beater several times.
3. Continue with step 4 in the basic procedure.

PROCEDURE: Preparing Baked Pies

Note: For pies without a top crust, omit steps 3 to 7.

1. Line pie pans with pie dough as in the basic procedure (a).
2. Fill with cooled fillings (b). (See the table below for scaling instructions.) Do not drop filling on the rims of the pie shells; this will make it harder to seal the rims to the top crusts, and leaking may result during baking.



To avoid spilling custard fillings in single-crust pies, place the empty shells on the racks in the ovens before pouring in the filling.

3. Roll out dough for the top crusts.
4. Cut perforations in the top crusts to allow steam to escape during baking.
5. Moisten the rim of the bottom crusts with water or egg wash to help seal them to the top crusts.
6. Fit the top crusts in place (c). Seal the edges together firmly and trim excess dough. The rims may be fluted or crimped

if desired. Pressing with the tines of a fork is a quick way to seal and crimp the edge. An efficient way to trim excess pastry is to rotate the pie tin while pressing on the edges with the palms of the hands (d).



7. Brush tops with desired wash: milk, cream, egg wash, or melted butter. Sprinkle lightly with granulated sugar, if desired. Egg-washed tops have a shiny appearance when baked. Tops brushed with fat, milk, or cream are not shiny but have a home-baked look.
8. Place pies on the lower level of an oven preheated to 425°–450°F (210°–220°C). The high initial heat helps set the bottom crust to avoid soaking. Fruit pies are baked at this high heat until done. For custard pies, reduce heat after 10 minutes to 325°–350°F (165°–175°C) to avoid overcooking and curdling the custard. Custard pies include all those containing large quantities of egg, such as pumpkin pie and pecan pie.

SCALING INSTRUCTIONS FOR BAKED PIES

U.S.		METRIC	
PIE SIZE	WEIGHT OF FILLING	PIE SIZE	WEIGHT OF FILLING
8 in.	26–30 oz	20 cm	750–850 g
9 in.	32–40 oz	23 cm	900–1150 g
10 in.	40–50 oz	25 cm	1150–1400 g

Note: Weights are guidelines only. Exact weights may vary, depending on the filling and the depth of the pans. Disposable tins are usually shallower than standard tins.

Pie Filling Methods

PROCEDURE: Cooked Juice Method

1. Drain the juice from the fruit.
2. Measure the juice and, if necessary, add water or other fruit juice to bring to the desired volume.
3. Bring the juice to a boil.
4. Dissolve the starch in cold water and stir it into the boiling juice. Return to a boil and cook until clear and thickened.
5. Add sugar, salt, and flavorings. Stir until dissolved.
6. Pour the thickened juice over the drained fruit and mix gently. Be careful not to break or mash the fruit.
7. Cool.

PROCEDURE: Cooked Fruit Method

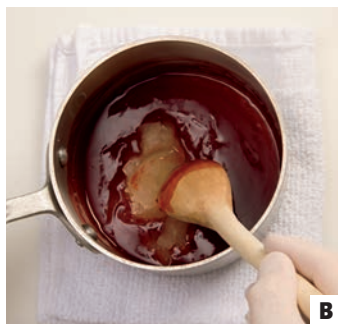
1. Bring the fruit and juice or water to a boil. Some sugar may be added to the fruit to draw out juices.
2. Dissolve the starch in cold water and stir into the fruit. Return to a boil and cook until clear and thickened. Stir while cooking.
3. Add sugar, salt, flavorings, and other ingredients. Stir until dissolved.
4. Cool as quickly as possible.

VARIATION

Some fruits, such as fresh apples, may be cooked in butter, rather than boiled in water, for better flavor.

PROCEDURE: Making Chiffon Fillings

1. Prepare the base. (Figure a shows thickening juice with cornstarch.)
2. Soften gelatin in cold liquid. Stir it into the hot base until dissolved (b). Chill until thickened, but not set.
3. Fold in beaten egg whites (c).
4. Fold in whipped cream, if used (d).
5. Immediately pour into pie shells and chill.



Pastry Basics

PROCEDURE: Making Puff Pastry Dough

1. Make a well in the mound of flour and add the liquids.



2. Work the ingredients into a dough.



3. Knead the dough until it is smooth. Refrigerate for 30 minutes. Then roll it out into a large rectangle.



4. To prepare the butter, first soften it by beating it with a rolling pin.



5. Square off the butter. Roll it into a smooth rectangle two-thirds the size of the dough rectangle.



6. Place the butter on the dough so it covers the bottom two-thirds of the rectangle.



7. Fold down the top unbuttered third of the dough so it covers half the butter.



8. Fold the bottom third over the center. The butter is now enclosed.



9. To give the dough its first four-fold, roll the dough into a long rectangle. Before rolling, beat the dough lightly, as shown, so that the butter is evenly distributed.



10. Before folding, always brush off excess dusting flour.



(continues next side)

Pastry Basics

(continued)

11. Fold down the top edge of the dough to the center.



12. Fold up the bottom edge to the center.



13. Fold in half to achieve the finished four-fold.



ALTERNATIVE METHOD: ROLLING-IN PROCEDURE

1. Fold the dough rectangle in thirds, as for making Danish Pastry.



2. Square off the finished three-fold with the rolling pin.



ALTERNATIVE METHOD: ENCLOSING THE BUTTER IN PUFF PASTRY

1. Roll the dough into a blunt cross shape, as shown, leaving the center thicker than the arms of the cross.



2. Place the square of butter in the center. Fold one of the arms of dough over the butter to cover it.



3. Fold the remaining three arms of dough over the center.

