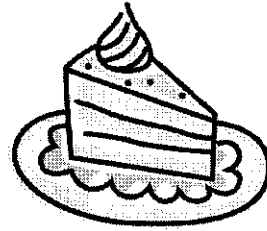




Cakes



Cakes are classified in two groups:

1. **Shortened cakes** – contain fat
Most shortened cakes contain leavening agents like baking powder or soda. They are tender, moist and velvety.
2. **Unshortened cakes** – (Foam cakes)- contain no fat
They are leavened by air and steam. Angel and sponge cakes are unshortened cakes.

Chiffon cakes are a cross between shortened and unshortened. They have fat and beaten egg whites.

Ingredients of Cakes:

- **Flour** ~ give structure
- **Sugar** ~ adds sweetness
- **Eggs** ~ improve both flavour and colour; add structure; act as leavening
- **Liquid** ~ provides moisture and helps blend ingredients
- **Salt** ~ provides flavouring
- **Fat** ~ tenderizes gluten- chiffon cakes contain oil
- **Leavening** ~ make cakes rise and become porous and light
- **Cream of Tartar** ~ an acid that makes egg whites whiter and makes cake grain finer
- **Flavouring** ~ makes cakes special

Science of Cakes: Success depends on measuring, mixing, and baking. **Measuring** the ingredients in the correct proportions will produce a cake that is light and tender. **Mixing** the cake must follow the recipe or the cake will be tough. **Baking** cakes in the correct sized pans will make sure they don't overflow or end up flat.

Preparing Shortened Cakes:

- ☑ **Conventional Method:** Cream fat and sugar until light and fluffy. Beat in eggs. Add dry ingredients alternately with liquid – keeps cake tender
- ☑ **Quick mix method:** measure the dry ingredients into mixing bowl. Beat fat and part of liquid. Then add remaining liquid and unbeaten eggs.

Preparing Unshortened Cakes:

- **Angel Food Cake method:** Beat egg whites with some sugar until stiff. Carefully fold flour and remaining sugar
- **Sponge Cake method:** Beat dry ingredients into egg yolks. Then fold beaten egg whites into yolk mixture.