

Name: _____

Period: _____

Cakes and Frostings

Use Pages 386-392 in Guide to Good Food to answer the following questions.

1. Name the three basic types of cakes and describe each.

Type of cake	Information about the type of cake
Shortened Cakes	Contain fat Known as butter cakes Contain leavening agents Tender, moist and velvety
Un-shortened Cakes	Contain no fat Known as foam cakes Leavened by air & steam Angel food = egg whites Sponge = whole eggs Light and fluffy
Chiffon Cakes	Cross between shortened and un-shortened Contain fat = shortened Contain egg whites = un-shortened High volumes Texture not as light as un-shortened

2. List the functions of the basic ingredients in cakes.

Flour–

Structure-holds in gases

All-purpose flour

Gluten develops when liquids added

Cake Flour-

More delicate and tender

Lower protein content = less gluten

Sugar-

Sweetness

Tenderizes gluten

Improves texture of cakes

Granulated or brown

Eggs-

Improve flavor and color

Coagulated egg = structure

Un-shortened cake = leavening

Liquid-

Moisture

Helps blend ingredients

Milk, buttermilk, sour milk, fruit juices & water

Salt-flavoring

Fat-

Tenderizes gluten

Shortened- butter, margarine, shortening

Chiffon- oil

Leavening agents-

Baking soda & sour milk

Baking powder

Rise & become light and porous

Cream of tartar-

Used in angel food & sponge cakes

An acid = whiter egg whites & finer grain

Stabilizes egg white proteins = cake volume

Flavorings/ Vanilla-

Nonessential

Make cakes taste special

Spices, extracts, nuts, poppy seeds & coconut

3. What are keys to successful cake baking?

- Must measure ingredients accurately
- Mix ingredients correctly
- Bake in the correct pans
- Bake at correct temperature
- Watch baking time carefully

4. Describe the pan preparation for shortened cakes?

- Grease sides & bottoms
- Lightly coat with flour
- Easier removal

5. Describe the pan preparation for unshortened cakes?

- Do not grease pans
- Need to cling to sides during baking

6. Briefly describe the two methods for mixing shortened cakes.

Conventional method

- Cream fat & sugar
- Beat in eggs
- Add sifted dry ingredients
- May alternate dry with the liquids

Quick mix method (one Bowl)

- Sift dry ingredients in bowl
- Beat fat and part of liquids into dry
- Add remaining liquids
- Add unbeaten eggs last

5. Why should cake pans not touch each other or the sides of the oven when baking?

- Hot spots
- Uneven baking

6. Describe two ways to test a cake for doneness – be sure to include how the results for each test looks.

- Lightly touch center with finger tip
 - Springs back = done
- Insert a toothpick into center
 - Comes out clean = done

7. Describe how a pound cake is different from traditional shortened cakes?

- Shortened cakes = no leavening agents
- Leavened by:
 - air and steam from eggs
- Texture more compact
closer grain

8. Which type of cakes can be microwaved?

Shortened

9. List four factors in microwaving shortened cakes

- Moist and tasty
- Hide lack of browning with frosting
- Bake a layer at a time
- Use microwavable round or ring shaped pans

10. Describe the two types of cake frosting.

a. Cooked

- Principles of candy making
 - Ingredients that interfere with crystal formation in a heated sugar
 - Beat until fluffy

b. Uncooked

- Creamy texture
 - Beat ingredients until smooth spreadable consistency
 - Cream cheese and butter cream

Frostings enhance flavor & appearance
Act as glue to hold pieces together