

BAKING AND HIGH ALTITUDE TIPS

Based on the Extension Service flyer and my experience by Pat Clemens

(Information from Colorado State University Cooperative Extension Service.) For other info check out their web site at www.larimer.org/extension CSU CES flyer

The following is for cakes, muffins and cookies:

	5,000 ft.	7,000 ft.
Reduce baking powder, soda for each tsp.	decrease 1/8 - 1/4 tsp.	decrease by 1/4 tsp.
Reduce sugar for each cup	decrease 1 - 2 Tbsp.	2 - 3 Tbsp.
Reduce fat	decrease 1 - 2 Tbsp.	2 - 3 Tbsp.
Increase Liquid for each cup	Increase 2 - 4 Tbsp.	3 - 4 Tbsp.

It also might help to increase your temperature by 15 to 25 degrees

How I convert a recipe for altitude at 7,800 - 8,000 feet and for healthier eating.

Brickle Drop Cookies Original

1 cup butter
3 eggs
1 cup granulated sugar
1 cup brown sugar packed
1 teaspoon vanilla
1/2 tsp. salt
2 tsp. baking soda

Mix together the above ingredients in order.

Changes for high altitude and health

1/2 cup butter & 1/2 cup applesauce
3 if extra-large or 4 large eggs
1/3 cup sugar & 1/3 cup Splenda
1 cup brown sugar not packed
1 teaspoon vanilla
1/4 tsp. salt
1 1/2 tsp. baking soda

3 1/2 cups flour sifted

1 package Bits'O Brickle Toffee chips

Add 1/2 cup coconut and 1/4 nuts such as walnuts, pecans or silvered almonds.

Stir in the last 2 or 3 ingredients being careful not to over-mix.

Preheat oven to 350 degrees and bake for 10 to 15 minutes.

3 1/2 cups not sifted

1 package Bits'O Brickle Toffee chips

TIPS FOR BAKING & HIGH ALTITUDE COOKING

- Use half whole wheat flour and half unbleached flour or sometimes all whole wheat flour.
- There is no need to sift flour since some recipes call for more flour at high altitude.
- Use half sugar and half splenda and/or just less sugar or all Splenda.
- Use half the oil or shortening and replace with applesauce. Pumpkin, pear, squash, yogurt also works just as well as applesauce. Add more for moisture.
- Use smaller or more shallow pans for baking.
- Allow longer cooking times at high altitude.
- Use a Convection oven if you have one. If recipe says 350 degrees set it on 375 degrees.
- When making quick breads, cakes or cookies do not over-mix the batter.
- When storing flour, put it in a sealed baggie and store in the freezer until ready to open so it will not dry out.
- At high altitudes, extra-large eggs give added moisture and structure to baked goods and desserts.
- If your cake recipe calls for nuts, heat them first in the oven, then dust with flour before adding to the batter to keep them from settling to the bottom of the pan.
- When cooking on the stove top cover your pans with a lid to retain moisture and faster cooking.
- When deep-fat frying, the temperature needs to be lowered to prevent too much browning before the inside is cooked.