<table>
<thead>
<tr>
<th>Types of cake: Shortened</th>
<th>contains saturated fat in the form of butter or solid shortening</th>
</tr>
</thead>
<tbody>
<tr>
<td>Types of cake: Unshortened</td>
<td>contains no fat (uses beaten egg whites as the only leavener); Angel Food Cake is the most common example</td>
</tr>
<tr>
<td>Types of cake: Chiffon</td>
<td>An American original: contains fat in form of vegetable oil (like shortened) * contains beaten egg whites (like unshortened) combines qualities of both ** contains less saturated fat than shortened because of the vegetable oil</td>
</tr>
<tr>
<td>Quality shortened cake</td>
<td>has a rounded (not with a hump) top, thin evenly browned crust with an even moist crumb with no large holes or tunnels</td>
</tr>
<tr>
<td>Quality unshortened cake</td>
<td>has an evenly browned crust; high volume (it’s tall); with a moist, tender and light crumb</td>
</tr>
<tr>
<td>Unshortened cake ...</td>
<td>climbs the side of the pan -- so the pan should not be greased</td>
</tr>
</tbody>
</table>
Unshortened cake ...

is cooled upside down (really) by placing the pan's tube on a funnel or glass bottle. It is cooled completely in the pan -- not removed.

Shortened cake ...

is cooled 10 minutes in the pan and then removed to a wire rack to cool completely.

Shortened cake ...

can have the pan tapped on the counter to break any large air bubbles and should be baked in a greased and floured pan.

Unshortened cake ...

should not be tapped -- the air bubbles in the egg white foam are the only thing that makes it rise.

Shortened cake ...

should be cut with a thin, sharp knife using gentle pressure; knife can be dipped in water to prevent frosting from sticking to it and smearing down the cake slices.

Unshortened cake ...

should be cut with a serrated knife using a gentle sawing motion.
To package cake for retail sale ...

it should be in air-tight containers to keep it from drying out

Cake for an 8-inch round pan should ...

be scaled (weighed) at 14 to 18 ounces

A full-sheet pan is 18-inches by 26-inches and ...

the standard cake square is 2-inches by 2-inches

High fat ingredients ...

butter, shortening, margarine (contains same amount of fat as butter), vegetable oil, milk, whipping cream -- high fat ingredients have more calories per gram

Low fat ingredients ...

skim milk, fruit purees or sauces, applesauce

High carbohydrate ingredients

flour, sugar, fruit purees and fruits -- contain fewer calories per gram but do add carbohydrates
If a cake has a hump (large unsightly bump) on the top or at the center, trim it off with a knife to level the layers and the next time you bake that recipe reduce the oven temp. 25 degrees.

**Calorie counts**
- Unshortened cake is lowest in total calories and has no fat; Chiffon cake is lower in saturated fat than shortened cake.

**Match the cake to the frosting**
- Dense cakes like Pound Cake can take dense frostings like fudge; Light cakes like Angel Food need light frostings like whipped cream or sliced fruit (or both).

**To prepare cake for frosting ...**
- level the layers; brush off crumbs; apply a thin coat of icing (same as frosting) to seal in any crumbs (called crumb coat); deal with crumbs before beginning to frost.

**Decorating advice ...**
- smooth frosting by dipping spatula in warm water; fill decorator bag only half full (so it won't squish out top).

**Decorating advice ...**
- use even pressure when writing or making lines (a linear effect).
The writing tip can also...
be used to make stems, dots, small beads and for figure piping

The flower tip (rose tip) can also...
be used to make ribbons and bows

Cake ingredient substitutions...
Sugar substitutes like Splenda, Aspartame and Saccharine will lower or reduce sugars, but don’t brown well so the cake may be pale

Cake layers (unfrosted) freeze very well...
Wrap in plastic wrap and then place in zipper bag for freezing.

German Buttercream (a made-up frosting, really)
Butter, emulsified shortening, and fondant

Swiss Buttercream
Swiss meringue and butter
French Buttercream

Simple Buttercream (also called Decorator's Buttercream)

Egg yolks and butter

Butter, solid shortening, powdered sugar, egg whites, and flavoring

Fondant

a stiff frosting that can be rolled, shaped and draped; contains glycerin and should NEVER be refrigerated

Types of flour: Self-Rising

Self-rising flour is popular in the South: it contains the leavener (baking powder) and salt already; to substitute it for all-purpose or cake the leavening must be omitted (left out)

Types of flour: Cake

A flour made especially for baking ** it is made from soft (low-protein) wheat ** to use all-purpose flour instead of cake, remove two tablespoons flour per cup (from the Swan's Down box)

The Standard (or Conventional) Method

Cream butter and sugar together ** add eggs one at a time ** add dry and wet ingredients, alternating and begin and end with dry
<table>
<thead>
<tr>
<th>Pound Cake</th>
<th>Popular in the South, it has a firm crumb and texture and a very crisp well-browned crust; contains no chemical leaveners</th>
</tr>
</thead>
<tbody>
<tr>
<td>Microwaves and cake (a really bad idea, but on the test)</td>
<td>microwaves should only be used to &quot;bake&quot; shortened cakes, not unshortened ones ** If one wants to microwave a shortened cake, it should be done only in a round pan</td>
</tr>
<tr>
<td>Cooked frostings</td>
<td>all contain heated sugar syrup, so they use the principles of candy making</td>
</tr>
<tr>
<td>Cake decorating as a profession</td>
<td>Decorators should learn the basic skills because good basic skills will help them keep up with trends.</td>
</tr>
<tr>
<td>Cake decorators should ...</td>
<td>read magazines ** visit other bakeries ** take classes or attend workshops</td>
</tr>
<tr>
<td>Cake decorators should not ...</td>
<td>use the same design over and over, but should have a variety of designs to appeal to many customers</td>
</tr>
</tbody>
</table>
Fat is a tenderizing agent (lower the fat and the cake will be tougher).

Flour with its protein and starch gives cake (and bread) their structure.

When substituting all-purpose flour for cake flour, you need two tablespoons less per cup.

Keep the frosting bowl covered, so it doesn't dry out and get crusty.

Frost the top of the first layer ** stack ** frost sides of both layers ** frost top (always frost from center outward).

Steps for frosting a two-layer cake:
- Frost the top of the first layer.
- Stack.
- Frost sides of both layers.
- Frost top (always frost from center outward).