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INDULGE IN THE ART OF BAKING: A CELEBRATION OF CAKE INGREDIENTS!

TO OUR READERS

Welcome to another edition of our Cake Cravings Chronicle! This month, we're diving deep into the heart of every baker's masterpiece – cake ingredients.

Join us on a sweet journey as we explore the key components that transform simple ingredients into delectable delights.

THE FAB FIVE

① FLOUR POWER



Let's start with the foundation of every cake – flour! From self raising flour to plain flour, gluten free and almond flour, the type you choose can significantly impact the texture of your cakes, as each has a unique quality.

- Use self raising flour for light and airy cakes, and plain flour for denser cakes like pound cakes
- Too much flour can make the cake dense; use the spoon-and-level method for accuracy
- Avoid over-mixing the batter to prevent developing too much gluten

② SUGAR SWEET



Sugar adds sweetness, but it's also a master of texture and moisture control. Different sugars contribute to the taste and structure of your cakes.

If you find a recipe a little sweet, reduce the sugar amount by 25%.

- Ensure thorough creaming of butter and sugar to incorporate enough air for a light texture
- Add sugar gradually to eggs when making foams to stabilize the mixture and incorporate air evenly
- Mix sugar until it is fully dissolved to avoid a gritty texture and ensure even crumb structure

③ EGGS: THE MAGICAL BINDERS



Eggs are the glue that holds it all together! Learn about their role in providing structure, moisture, and

richness to your cakes. Explore egg alternatives for those with dietary restrictions and discover the perfect egg-to-flour ratio for your baking adventures.

- Use eggs at room temperature for better incorporation into the batter, which helps achieve a smooth texture & proper rise
- For recipes requiring whipped egg whites, ensure no yolk is present, and use a clean, dry bowl to achieve the best volume
- Avoid over-mixing the batter once eggs are added to prevent a tough texture due to excessive gluten development

4 DAIRY DELIGHTS



Milk, butter, and yogurt – these dairy delights bring richness and flavour to your cakes. Different fats impact the texture and taste of your creations.

- Select dairy based on the desired texture and flavour. For a moist and tender cake, consider buttermilk, yogurt, or sour cream. For a rich and dense cake, opt for cream or cream cheese
- When incorporating dairy, mix thoroughly but avoid over-mixing to prevent toughening the batter due to excessive gluten development
- Use dairy products at room temperature for better emulsification and incorporation into the batter, resulting in a smoother texture

5 BAKING POWDER & BAKING SODA



Ever wondered why some cakes are light and fluffy while others are dense and moist? It all comes down to the leavening agents.

There is a science behind baking powder and baking soda.

- Use the correct amount specified in the recipe. Too much can cause the cake to rise too quickly and then collapse, resulting in a dense texture. Too little can lead to insufficient rise and a heavy cake
- Ensure that your leavening agents are fresh. Old baking powder or baking soda can lose their effectiveness, affecting the cake's rise and texture
- Ensure thorough and even mixing of the leavening agents into the batter to avoid uneven texture and inconsistent rise
- Especially when using baking soda, bake the batter immediately after mixing to maximize the leavening effect



THE INGREDIENTS TO A HAPPY LIFE

Ready to embark on a baking adventure? Have a cake design you'd like us to create for you? Join us as we celebrate the art of cake ingredients, where the magic happens in every mix, whisk, and fold.



Follow us on social media (@EssenceofCakeUK) and subscribe to our newsletter to be the first to know about the latest happenings at Essence of Cake.

Until next time, happy baking!