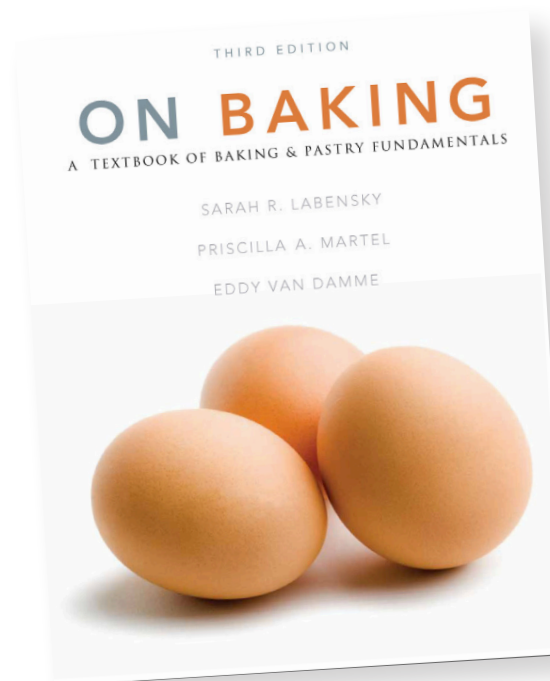


# Textbook Procedures

By Chef Caroline Kelliher, CEPC, with Nerissa Warney

Culinary textbooks have to supply an enormous amount of detailed information while remaining engaging, provide specific instructions while being easy to use and balance technique with straightforward teaching. The latest edition of *On Baking* passes the test.



*On Baking* by Sarah R. Labensky, Priscilla A. Martel, Eddy Van Damme. © Prentice Hall; Third edition, 2013. 978-0132374569

As a baking and pâtisserie chef instructor, I've read through many culinary books and textbooks, and was pleased with what I found inside *On Baking*. The very first pages, tabbed as Visual Guide, highlight the key features of the book designed to make both teaching and learning more effective. These include safety alert call-out boxes, important terms identified in margin notes, mise en place lists for every formula, new flavor sidebars, troubleshooting charts and much more.

## OVERVIEW

In the Visual Guide there is also a section which gives you a key to the formula layout. It has a formula example with the measurements, baker's percentage, variations and nutritional analysis. It also gives you the yield, method and step-by-step instructions. Along with the formulas are illustrations showing procedures and the finished products. It's an incredibly useful, practical way of presenting this necessary information. Nerissa commented that the safety and sanitation notes throughout the book were an excellent addition, as this is an aspect of baking that can be easily overlooked by beginners in the kitchen.

## ► Photographs

Formulas are illustrated with both step-by-step photographs showing procedural techniques, as well as photographs of finished products or plated desserts.



● The finished dessert.

VISUAL GUIDE

## Measurements

All formulas include ingredient quantities in both U.S. and metric measurements. U.S. and metric measurements for all temperatures, pan sizes and other quantities are provided throughout the text.

## Baker's Percentage

A way of expressing the ratio of ingredients unique to professional baking, baker's percentages are used primarily with breads, cakes and dough products and are provided with those formulas.

## Variations

Variations show how to modify a formula to create different flavor profiles and new dishes.

## Nutritional Analysis

All formulas include a nutritional analysis prepared by a registered dietitian.

## TRADITIONAL SHORTBREAD

**Yield:** 7 Dozen Cookies, approximately ½ oz. (15 g) each

**Method:** Icebox cookies

Unsalted butter, softened	1 lb.	480 g	84%
Powdered sugar	8 oz.	240 g	42%
Vanilla extract	0.5 fl. oz.	15 ml	3%
Salt	0.2 oz. (1 tsp.)	5 g	1%
Pastry or all-purpose flour	1 lb. 3 oz.	570 g	100%
Egg wash	as needed	as needed	
<b>Total dough weight:</b>	<b>2 lb. 11 oz.</b>	<b>1310 g</b>	<b>230%</b>

- Blend the butter and powdered sugar in a mixing bowl without creaming. Stir in the vanilla and salt, mixing thoroughly. Add the flour and mix until just combined.
- Divide the dough into four equal portions. Roll each piece of dough into 8-inch (20-centimeter) disks. Wrap in plastic. Freeze until hard, approximately 30 minutes.
- Remove from the freezer and unwrap, then lightly brush each disk with egg wash. Cut each disk into eight wedges. Dock the wedges with a fork.
- Bake at 375°F (190°C) until pale golden brown, approximately 15 to 20 minutes.

## VARIATIONS:

**Bergamot Shortbread**—Add 12 drops of oil of bergamot with the vanilla in Step 1. Divide the dough into four equal portions. Roll each piece into a 10-inch- (25-centimeter-) long cylinder. Freeze until hard, approximately 30 minutes. Brush each cylinder with egg wash. Roll each cylinder in granulated sugar. Cut the cylinders into ½-inch- (1.2-centimeter-) thick slices, then place the slices cut side down on paper-lined sheet pans. Dock the cookies with a fork and bake.

**Pecan Shortbread**—Add 7 ounces (210 grams/37%) of finely chopped pecans to the dough in Step 1.

Approximate values per cookie: Calories 70, Total fat 4.5 g, Saturated fat 3 g, Cholesterol 10 mg, Sodium 30 mg, Total carbohydrates 8 g, Protein 1 g



Bergamot Shortbread



Pecan Shortbread



I especially liked the authors’ “Approach and Philosophy of *On Baking*” because it tells you how chapters are focused on four essential areas: professionalism, breads, desserts and pastries and advanced pastry work, with each of the areas divided into chapters on specific categories. For example, desserts and pastries includes a chapter each on cookies and brownies, pies and tarts, pastry and dessert components, cakes and icings, custards, creams and sauces, ice cream and frozen desserts and healthful and special-needs baking. Both Nerissa and I thoroughly enjoyed the first section of the book, Professionalism, as it provides both some culinary history, short interviews with working pastry chefs and a number of side comments useful to the novice baker. Other chapters in the Professionalism section focus on the principles of baking, tools and ingredients and the importance of mise en place, all of which lay a strong foundation for the formulas and techniques covered in the rest of the book.

FORMULA TEST

As a test, I picked a formula from the book that neither Nerissa nor I had ever tried before—Almond Horns, featured in chapter 10, Cookies and Brownies. We each prepared separate mise en place of the formula



to see if there would be different outcomes, as well as to see how easily an instructor and a student can follow the formula from mise en place to finished product.

We discovered the key difference came in step two of this formula. It read: “Beat in the egg whites gradually in four steps. Add only enough egg whites to make a firm yet pipeable batter.” This was a guessing game because we did not know if it would be pipeable until it was in the piping bag. So I used all four egg whites, while Nerissa only used two. The result was that my batter was wetter and so piped out too fast, while Nerissa’s batter was drier and piped out more easily.

After we rolled our piped dough in a tray of sliced almonds, we put them on a parchment lined sheet pan and formed them into crescent shapes. We then brushed each cookie with egg whites, sprinkled with granulated sugar and as directed we baked for 15 minutes at 375°F. However, this proved to be too long in the oven, as when we checked at 10 minutes, they were already over-browned. We baked a second batch at 350°F for 10 minutes and the result was much better. Due to the different approach Nerissa and I took in step two, my cookies were too soft, while Nerissa’s came out moist but firm with wonderful flavor. We completed our test with the rest of her batter, baking them at the lower temperature for 10 minutes. After cooling, we dipped the ends in tempered chocolate for a finished cookie that looked and tasted great!

This minor setback in my Almond Horn test did not negatively influence my take on the book; I read through the whole text and found it to be very well written and filled with formulas complete with detailed instructions.

From cover to cover, *On Baking* is packed with useful information that students, professionals and even dedicated home bakers will find helpful, all in an easy to read format with many added features. For professional instructors this includes a support package with media solutions MyCulinaryLab for course management and Pearson Kitchen Manager for recipe management. **ACD**

For the *On Baking* versions of two cake batter classics—genoise cake and sponge cake—go to [americancakedecorating.com](http://americancakedecorating.com)



The horns from my batter are on the left and the horns from Nerissa’s batter are on the right. As you can see, the ones on the left are larger and more pillowy, while Nerissa’s held their shape better and, as mentioned, came out with a better texture.

ALMOND HORNS



**tempering** a process of melting chocolate during which the temperature of the cocoa butter is carefully stabilized; this keeps the chocolate smooth and glossy

**Yield:** 3 Dozen Cookies, ¾ oz. (20 g) each  
**Method:** Piped cookies

			Almond paste at 100%
Almond paste	1 lb.	480 g	100%
Granulated sugar	8 oz.	240 g	50%
Grapefruit zest,	0.4 oz. (2 Tbsp.)	12 g	2.5%
grated fine			
Vanilla extract	0.5 fl. oz.	15 ml	3%
Egg whites	4 oz. (4 whites)	120 g	25%
Almonds, sliced	as needed	as needed	
Egg whites, beaten	as needed	as needed	
Granulated sugar	as needed	as needed	
Total dough weight:	1 lb. 12 oz.	867 g	180%
Semisweet chocolate, tempered	as needed	as needed	

- 1 In the bowl of a mixer fitted with the paddle attachment, blend the almond paste, sugar and grapefruit zest on low speed until lump-free. Add the vanilla.
- 2 Beat in the egg whites gradually in four steps, waiting for each addition to be completely incorporated and then scraping down the bowl before adding the next. Add only enough egg whites to make a firm yet pipeable batter.
- 3 Spread a thick layer of sliced almonds in a hotel pan. With a large plain tip, pipe the dough into 2-inch (5-centimeter) strips, each weighing about ¾ ounce (20 grams). Pipe the dough directly onto the sliced almonds, then roll the dough into the almonds to coat. Shape each piece of dough into a small crescent, then place the cookie on a clean paper-lined baking sheet.
- 4 Lightly brush the cookies with beaten egg whites and sprinkle with sugar.
- 5 Bake at 375°F (190°C) for approximately 15 minutes. Cool completely, then dip the ends of the cookies in tempered semisweet chocolate.

Approximate values per cookie: **Calories** 80, **Total fat** 3.5 g, **Saturated fat** 0 g, **Cholesterol** 0 mg, **Sodium** 5 mg, **Total carbohydrates** 12 g, **Protein** 1 g



**Chef Caroline Kelliher**, CEPC, earned her bachelor of science degree in culinary management from Le Cordon Bleu College of Culinary Arts in Scottsdale, AZ, with an additional certificate from the Italian Culinary Institute for Foreigners, based in Castello di Costigliole d’Asti, along with practical experience in a variety of restaurant and food service businesses. She is currently a chef instructor at Le Cordon Bleu College of Culinary Arts, Las Vegas, NV.

**Nerissa Warney** is currently enrolled at Le Cordon Bleu College of Culinary Arts, Las Vegas, NV, for an associate degree. Born in Manila, Philippines, she immigrated to the U.S. in 1985 and before attending culinary school worked as a regulatory compliance analyst for International Game Technology. Her goal is to return to the Philippines with her culinary degree to open her own business, a coffee bar that serves her own baked goods.

