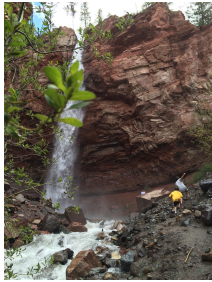




# Let's TALK ....

Elevating your baking game!



As we gear up for the summer season and prepare for outdoor hikes, I understand the desire for **quick bakes** that don't heat up the kitchen. And while I love spending time in my kitchen, **soaking up the sunshine** ☀️ is equally important. Living in Telluride at 8750', I have experienced the unique challenges of High-Altitude baking firsthand. But with the right approach, you can achieve **SUCCESS** and satisfaction in every bake. So, join me on this journey as we discover new ways to create delicious treats that are perfect for summer hikes and enjoying the great outdoors. With a little knowledge and creativity, your High-Altitude Baking & Cooking adventures are sure to be a success!

Let's get started! & Thank you in Advance for Enjoying Issue 2 🍪 Vic "Tori" a at 8750'

## Covered This Month...



**Boxed Cake Mix to the RESCUE... Or NOT... CHOCOLATE CAKE...You Decide...**

Say **NO** to **FLAVORLESS & BLAND** Food at **HIGH ALTITUDE ... Taste Bud Science**

**More... INTERNAL Temps in the HIGH ALTITUDE Kitchen ... & the BOILED EGG...**



## ARE YOU READY TO ELEVATE YOUR BAKING GAME?

[Ask me anything about Baking and I'll give you the answer from my High-ALTITUDE Kitchen at 8750'](#)

Questions you see on [HighAltitudeBaker.com](#) were submitted by High-Altitude Bakers Like YOU...

I take your question and create a post so Everyone can Learn ... Questions are answered DAILY so...

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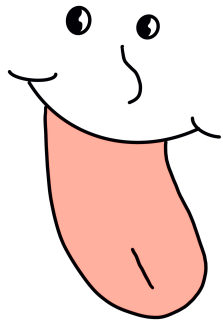
I would like to receive the High Altitude Baker Monthly Newsletter...

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It's really important to keep your oven at the right temperature when you're cooking or baking. But just relying on the oven temperature might not tell you if your food is fully cooked inside. That's why it's a good idea to use an internal thermometer to check the temperature of your cakes, bread, or meats. I recommend getting a reliable thermometer so you can keep an eye on your cooking progress. You can find a good one here: <https://amzn.to/3N7b3pI>

Don't put off getting a thermometer because if you don't check the temperature properly, your food could end up undercooked or overcooked. So make sure you take the necessary steps to cook your next dish perfectly. And if you use the link I provided to buy the thermometer, I might get a commission as an Amazon affiliate.

As an Amazon affiliate, I may receive a commission on purchases made for this link... <https://amzn.to/3N7b3pI>



# Taste Buds and the High-Altitude KITCHEN...

High-Altitude refers to locations above sea level, where the atmospheric pressure and oxygen levels are lower than at sea level. These environmental conditions can **significantly affect our perception of taste and flavor**, causing food to taste bland or flavorless.

- The **reduced air pressure** at High-Altitude can affect our sense of smell, which is a crucial component of our perception of taste. Our olfactory receptors detect scent molecules, which interact with our taste buds to create a complex flavor experience. With fewer scent molecules in the air at High-Altitude, the brain receives less information about the taste of food, leading to a less intense perception of flavor.
- The **dry air** at High-Altitude can also cause dehydration, which can affect the sensitivity of our taste buds. Dehydration can lead to a reduced ability to taste flavors, causing food to taste less intense or flavorful. Furthermore, the dry air can also dry out the mucus membranes in our mouth and nose, affecting our ability to taste and smell.
- In addition, High-Altitude environments often have **lower humidity levels**, which can affect the cooking process. Moisture is essential for creating flavorful dishes, as it helps to release the aromas and flavors of the ingredients. In a low humidity environment, food can dry out more quickly, which can lead to a loss of flavor and moisture.
- Moreover, the **lower atmospheric oxygen** levels at High-Altitude can affect our taste perception. Oxygen is necessary for our bodies to function correctly, including the sense of taste. In a low oxygen environment, our taste buds may not function as effectively, leading to a less intense perception of flavor.
- Finally, **altitude sickness** can cause a range of symptoms, including loss of appetite and nausea, which can contribute to a perception of blandness in food. However, it is important to note that not everyone will experience altitude sickness or a loss of appetite at High-Altitude, and the severity of symptoms can vary depending on individual health and acclimatization.

Altitude can significantly affect our perception of taste and flavor, causing food to taste bland or flavorless. To **add flavor** to **High-Altitude** dishes, chefs must adjust recipes and cooking techniques to account for the environmental factors affecting taste. One common adjustment is to **increase the amount of seasoning** used in recipes. This chart illustrates the recommended adjustments to seasoning quantities for various altitudes:

Altitude (ft)	Salt Increase	Garlic Increase	Cumin Increase	Paprika Increase	Pepper Increase
4000	10%	10%	5%	5%	5%
5000	12.5%	12.5%	7.5%	7.5%	7.5%
6000	15%	15%	10%	10%	10%
7000	17.5%	17.5%	12.5%	12.5%	12.5%
8000	20%	20%	15%	15%	15%
9000	22.5%	22.5%	17.5%	17.5%	17.5%
10000	25%	25%	20%	20%	20%
11000	27.5%	27.5%	22.5%	22.5%	22.5%

There are many ways to add flavor to a dish without relying solely on salt or salt substitutes.

- **Use herbs and spices:** Herbs and spices are a great way to add flavor to a dish without adding salt. For example, try adding fresh herbs like basil, thyme, or rosemary to pasta dishes or roasted vegetables. Or, use spices like cumin, coriander, or paprika to add depth of flavor to stews, curries, or roasted meats.
- **Add acid:** A splash of lemon juice or vinegar can brighten up a dish and add a tangy flavor without adding salt. Try adding a squeeze of lemon to roasted vegetables, or a drizzle of vinegar to soups and stews.
- **Use umami-rich ingredients:** Umami is the fifth taste, often described as savory or meaty, and can help to enhance the overall flavor of a dish. Umami-rich ingredients include mushrooms, miso paste & tomato paste. Try adding some sautéed mushrooms to pasta dishes, or using a small amount of miso paste in a salad dressing.
- **Roast or grill ingredients:** Roasting or grilling can help to bring out the natural sweetness and depth of flavor in ingredients. Try roasting vegetables like sweet potatoes or carrots, or grilling meats or fish for added flavor.
- **Experiment with different cooking techniques:** Different cooking techniques can help to bring out different flavors in ingredients. For example, sautéing onions until they are caramelized can add a rich, sweet flavor to a dish, while slow-cooking meats can help to develop a deep, savory flavor.

**By using a variety of these techniques and ingredients, you can create flavorful dishes without relying on excessive salt.**





Let's TALK ....

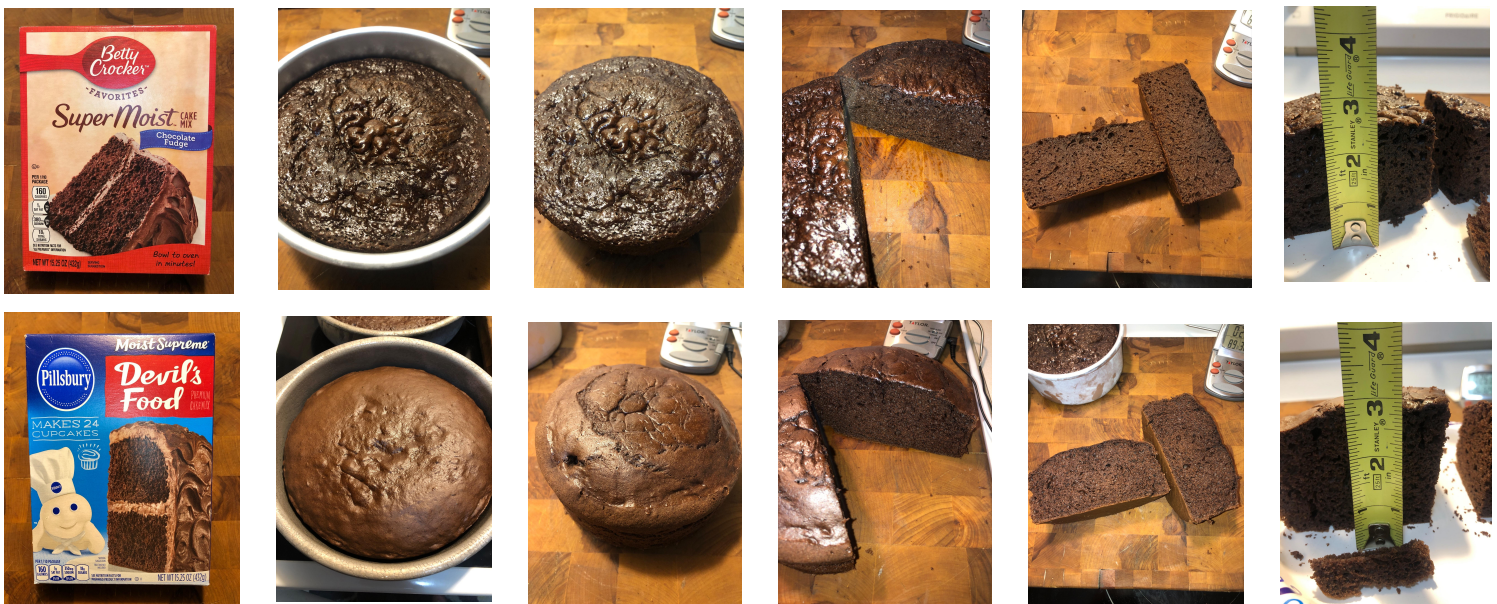
Elevating your baking game!

**2 BOXED Grocery Store CHOCOLATE CAKE Mixes TESTED in a HIGH ALTITUDE Kitchen @ 8750'...**



We did an experiment baking cakes at an altitude of 8750 feet. We compared two box mixes: one from **Betty Crocker**, which had corn syrup in the ingredients, and the other from **Pillsbury**, which did not. **Betty Crocker** said to add 1/4 cup flour and increase the water by 1/4 cup for high altitude, but **Pillsbury** didn't have any instructions. We chose to add 1/3 cup of 11.7% all-purpose flour and baked the cakes at 325°F until they reached an internal temperature of 210°F.

After trying both cakes, we found that people liked the flavor of the **Betty Crocker** cake more. However, the **Pillsbury** cake stood out with its professional-looking sponge that had fewer holes and a nicer crust. If I were making a cake for decorating purposes, I would choose **Pillsbury** because it had a more stable consistency. In the future, instead of using only 1/3 cup of flour, I plan to incorporate a mixture of 1/3 cup flour and cocoa into the **Pillsbury** cake mix. This addition should provide the perfect balance of flavor. I will make sure to update you on the outcome.







Let's **TALK** ....

Elevating your baking game!

## The Perfect Hard Boiled Egg at Altitude ...

Boiling eggs at high altitude can be a bit challenging due to the difference in atmospheric pressure. Here's what you need to know about boiling soft, medium, and hard-boiled eggs at high altitude.

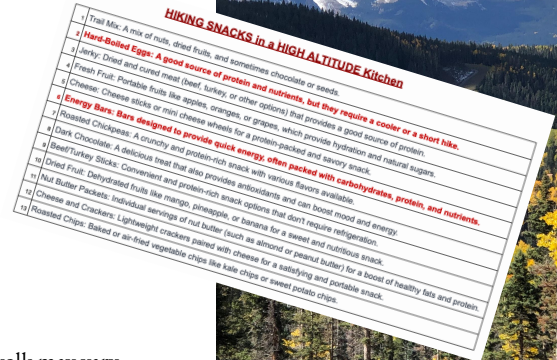
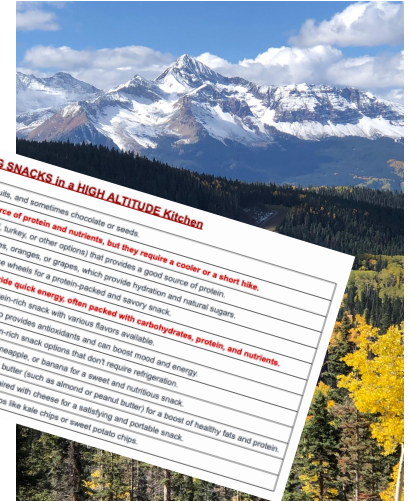
**First:** What does a soft, medium, and hard-boiled egg look like:

1. **Soft-boiled egg:** A soft-boiled egg has a runny yolk and a slightly thickened white. When you cut into the egg, the yolk will be liquid, and the white will be just set.
2. **Medium-boiled egg:** A medium-boiled egg has a firmer yolk and a fully set white. The yolk will be slightly runny in the center, with a creamy texture around the edges.
3. **Hard-boiled egg:** A hard-boiled egg has a fully cooked yolk and a fully set white. The yolk will be completely solid, with no liquid center.

Type of Egg	Shell Color	Yolk Color	Flavor
Conventional	White to Brown	Light Yellow	Mild
Cage-Free	White to Brown	Medium Yellow	Mild
Free-Range	White to Brown	Medium to Deep Yellow-Orange	Rich, Nutty
Pasture-Raised	White to Brown	Deep Yellow-Orange	Rich, Buttery

The color of the yolk may vary depending on the type of egg you're using. Eggs from free-range or pastured hens may have a darker yolk, while eggs from caged hens may have a lighter yolk. The color of the yolk also depends on the hen's diet. A hen that eats a diet high in carotenoids, such as greens, may produce eggs with a deeper yellow-orange yolk.

It's also important to note that overcooking eggs can result in a **greenish-gray ring** around the yolk. This happens when the *sulfur in the egg white reacts with the iron in the yolk*, and it's more likely to happen when eggs are cooked for too long or at too high of a temperature.



**Second:** Let's explore the various types of chicken **eggs** that are available in today's markets.

- **Conventional eggs:** These are the most widely available eggs and come from hens that are typically raised in cages in large commercial egg-laying facilities. The eggs are usually white or light brown, with a mild flavor and light yellow yolk.
- **Cage-free eggs:** These eggs come from hens that are not confined to cages but are still typically raised in large indoor facilities. The eggs can be white or brown, with a mild flavor and a slightly more yellow yolk than conventional eggs.
- **Free-range eggs:** These eggs come from hens that have access to the outdoors and are allowed to roam and forage for food. The eggs can be white or brown, with a richer, nuttier flavor and a deeper yellow-orange yolk than conventional or cage-free eggs.
- **Pasture-raised eggs:** These eggs come from hens that are raised on pasture, where they can eat a varied diet of grasses, insects, and other plants. The eggs can be white or brown, with a rich, buttery flavor and a deep yellow-orange yolk that is often described as "golden." Pasture-raised eggs are typically the most expensive type of egg due to the high cost of raising hens on pasture.

**Third:** Which is the best type of egg to **BOIL**?

The best type of egg to boil depends on personal preference, as well as availability and budget. In general, **eggs that are a few days old are easier to peel than very fresh eggs**, regardless of the type of egg. That being said, some people prefer to use organic, free-range, or pasture-raised eggs for boiling, as these eggs are often considered to have a richer flavor and more vibrant yolk color. It's also worth noting that pasture-raised eggs may be more expensive than other types of eggs, so the best type of egg to boil ultimately comes down to personal taste and budget.





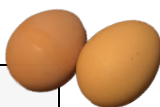


## Let's TALK ....

Elevating your baking game!

### Fourth: Cold Water or Boiling? Which is best...

The **cold water** method is generally preferred if you want to reduce the risk of cracking the eggs during the cooking process, as the eggs are placed into the cold water before it is heated. This can also result in a more even cooking process and a creamier texture for the yolk. **Additionally, the cold water method may be preferred in the summer when using boiling water can heat up the kitchen.** This is because bringing a large pot of water to a boil requires more energy and time than heating a smaller amount of water from cold to boiling. Additionally, the steam generated from boiling water can add more moisture to the air, which can make the kitchen feel even warmer.



#### Cold Water Method:

1. Place the eggs in a saucepan and cover them with cold water, making sure there is at least 1 inch of water above the eggs.
2. Place the saucepan on the stove over medium heat and bring the water to a gentle boil.
3. Once the water reaches a boil, remove the saucepan from the heat, cover it with a lid, and let it sit for the desired amount of time (soft, medium, or hard boiled).
4. After the eggs have cooked for the desired amount of time, use a slotted spoon to remove them from the hot water and transfer them to a bowl of ice water to stop the cooking process.
5. Let the eggs sit in the ice water for at least 5 minutes, then remove them and gently tap them on a hard surface to crack the shell before peeling.

#### Hot Water Method:

1. Bring a pot of water to a boil on the stove.
2. Once the water has reached a rolling boil, use a slotted spoon to carefully lower the eggs into the boiling water.
3. Adjust the heat to maintain a gentle boil and cook the eggs for the desired amount of time (soft, medium, or hard boiled).
4. After the eggs have cooked for the desired amount of time, use a slotted spoon to remove them from the hot water and transfer them to a bowl of ice water to stop the cooking process.
5. Let the eggs sit in the ice water for at least 5 minutes, then remove them and gently tap them on a hard surface to crack the shell before peeling.

The **hot water** method is generally preferred if you want to save time, as it typically takes less time for the water to reach boiling temperature than it does for cold water to heat up. This method may also be preferred if you are cooking at higher altitudes, where boiling point is lower and it may take longer for the water to come to a boil using the cold water method.

In general, both methods can produce great results, so it ultimately comes down to personal preference and the circumstances.

### Fifth: How long do I boil my eggs?

To determine the exact cooking time for your specific altitude, you can use a digital thermometer to measure the internal temperature of the egg.

**Soft-boiled** eggs = internal temperature of 145-155°F (63-68°C)

**Medium-boiled** eggs = internal temperature of 160-165°F (71-74°C)

**Hard-boiled** eggs = internal temperature of 170-175°F (77-79°C)

It's important to note that these are just general guidelines, and you may need to adjust the cooking time based on the specific altitude and conditions in your area. Taking the internal temperature <https://amzn.to/3psTZBm> of a boiled egg can be a bit tricky, as you need to use a probe thermometer to get an accurate reading without breaking the shell. **Here's how you can do it:**



1. Let the boiled egg **cool down** for a few minutes before attempting to take its temperature. If the egg is too hot, you risk burning yourself
2. **Carefully** insert the probe of the thermometer <https://amzn.to/3psTZBm> into the center of the egg through the small end, being careful **not to pierce the yolk.**
3. Hold the thermometer in place for a few seconds until the temperature **reading stabilizes.**
4. Once you have taken the temperature, remove the thermometer and **wipe it clean** with a paper towel or cloth.
5. **Repeat** the process with the remaining boiled eggs if you need to check their internal temperature as well.

Note that the internal temperature of a boiled egg can vary depending on factors such as the size of the egg, the cooking method, and the desired level of doneness. You can use the chart I provided earlier to determine the optimal temperature range for your desired level of doneness.

Altitude	Soft-Boiled (hot water)	Medium-Boiled (hot water)	Hard-Boiled (hot water)	Soft-Boiled (cold water)	Medium-Boiled (cold water)	Hard-Boiled (cold water)
Sea level	3-4 minutes	6-7 minutes	10-12 minutes	4-5 minutes	8-9 minutes	12-15 minutes
6000 ft (1829m)	6-8 minutes	11-13 minutes	18-20 minutes	7-9 minutes	13-15 minutes	20-22 minutes
7000 ft (2134m)	6-9 minutes	12-14 minutes	20-22 minutes	7-10 minutes	14-16 minutes	22-24 minutes
8000 ft (2438m)	7-9 minutes	13-15 minutes	22-24 minutes	8-10 minutes	15-17 minutes	24-26 minutes
9000 ft (2743m)	8-10 minutes	14-16 minutes	24-26 minutes	9-11 minutes	16-18 minutes	26-28 minutes
10000 ft (3048m)	8-11 minutes	15-17 minutes	26-28 minutes	10-12 minutes	17-19 minutes	28-30 minutes

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# Let's TALK ....

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## Sixth: Here are some tips for boiling EGGS and easy peeling:

1. **Choose your eggs:** Choose fresh eggs that are not cracked or damaged. You can use any type of chicken egg for boiling, although some people prefer to use older eggs for easier peeling, we also found our sample of brown eggs was extremely difficult to peel cleanly.
2. **To Salt or Not:** It is not necessary to salt the water when boiling eggs, but some people do add salt to the water to help prevent the eggs from cracking. Adding a teaspoon of salt to the water can also help make the eggs easier to peel. However, it is important to note that adding salt to the water may also cause the eggs to absorb some of the salt, which can affect the taste. Ultimately, whether or not to salt the water is a matter of personal preference. If you choose to add salt, be sure to stir the water to dissolve the salt before adding the eggs.
3. **Add the eggs:** If you are cooking a large batch of eggs, you may need to do this in batches to avoid overcrowding the pot. Once the eggs are in the water, you can start timing the cooking process according to your desired level of doneness.
4. **Cool the eggs:** Let the eggs cool in the ice bath for at least 5 minutes. This will help the eggs stop cooking and make them easier to peel.
5. **Tap and roll the eggs:** After the eggs have cooled, remove them from the ice bath and gently tap each egg on a hard surface to crack the shell. Then, roll the egg between your palms to loosen the shell.
6. **Peel the eggs:** Starting at the larger end of the egg, peel the shell off under cool running water. The water will help to separate the membrane from the egg white, making it easier to peel. If you have trouble getting the shell off, try peeling the egg under running water or soaking it in water for a few minutes to help loosen the shell.
7. **Store the eggs:** Store the boiled eggs in the refrigerator in an airtight container for up to one week. You can enjoy them as a snack, use them in salads or sandwiches, or chop them up for deviled eggs or egg salad.
8. **NO Baking Soda:** While some people believe that adding baking soda can help make the eggshells easier to peel, there is no scientific evidence to support this claim. In fact, adding baking soda to the water can actually make the eggs more difficult to peel, as it can cause the egg whites to adhere more strongly to the shell. It's best to stick to the traditional methods of boiling and cooling the eggs to make them easier to peel.



## Brown Eggs and White Eggs, Boiled at 8750', 194° Water, 5, 10, 15, 20, 25 Minutes w/ 5 Minute Cold Bath







Elevating your baking game!

To achieve the **perfect** hard-boiled eggs at an elevation of 8750 feet, we conducted a kitchen experiment. We boiled a total of 10 eggs, with 5 being white regular eggs and the other 5 being brown eggs. The eggs were boiled at 194°F for various durations: 5, 10, 15, 20, and 25 minutes. Each boiling time was followed by a 5-minute ice bath. I would suggest you take the opportunity to perform this experiment in your High Altitude Kitchen. Always a perfect Hard Boiled egg from now on...

BOILED FOR 15 MINUTES WITH 5 MINUTE ICE BATH... PERFECT ALL AROUND HARD BOILED EGG...

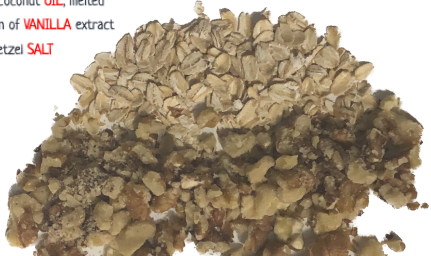


5 Minute Boil 10 Minute Boil 15 Minute Boil 20 Minute Boil 25 Minute Boil  
5 Minute Cold Bath 5 Minute Cold Bath 5 Minute Cold Bath 5 Minute Cold Bath 5 Minute Cold Bath

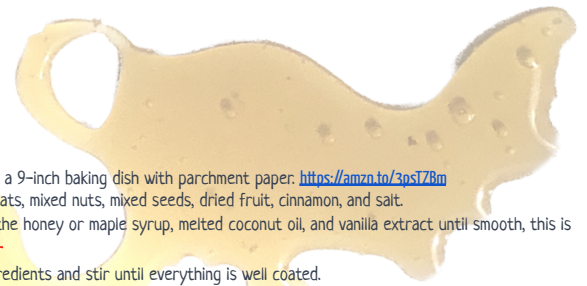
## NO BAKE SUMMER HIKE SNACK - The Energy Bar ...

Here is a recipe for an **energy bar** made with oats, nuts, seeds, dried fruit, and a sweetener that can be prepared without heating up your kitchen on a hot day. Alternatively, you can also bake them if you prefer a different texture... You can also replace the fruit with Everything Bagel Seasoning to give it a savory flair...

- 1 cup of rolled **OATS**
- 1/2 cup of mixed **NUTS** (such as almonds, pecans, and walnuts)
- 1/2 cup of mixed **SEEDS** (such as pumpkin seeds, sunflower seeds, and chia seeds)
- 1/2 cup of dried **FRUIT** (such as raisins, cranberries, or chopped dates)
- 1/4 cup of honey or maple **SYRUP**
- 1/4 cup of coconut **OIL**, melted
- 1 Tablespoon of **VANILLA** extract
- 1 tsp of Pretzel **SALT**



1. **If baking**, Preheat your oven to 350°F. Line a 9-inch baking dish with parchment paper: <https://amzn.to/3psT2Bm>
2. In a large mixing bowl, combine the rolled oats, mixed nuts, mixed seeds, dried fruit, cinnamon, and salt.
3. In a separate mixing bowl, whisk together the honey or maple syrup, melted coconut oil, and vanilla extract until smooth, this is important for a consistent **energy bar**
4. Pour the wet ingredients over the dry ingredients and stir until everything is well coated.
5. **If baking**, press the mixture into the prepared baking dish, using a spatula to smooth it out evenly.
6. Bake for 20-25 minutes, until the edges are lightly golden.
7. **If raw**, press the mixture into a silicone mold or a baking dish lined with parchment paper.
8. Freeze for 30 minutes to set.



Once cooled or set, cut the mixture into bars or squares. Store in an airtight container in the fridge or freezer until ready to eat. These **energy bars** are packed with protein, healthy fats, and fiber, making them a great snack for sustained **energy** during a hike or anytime you need a quick pick-me-up. Enjoy them baked or raw!