



Let's TALK

Elevating your baking game!

Hello fellow HIGH ALTITUDE bakers! Welcome to my newsletter where I share tips, tricks, and recipes to help you bake at higher elevations. As someone who has experienced the frustration of failed baked goods due to HIGH ALTITUDE, I know how daunting it can be to achieve perfect results. **But fear not!** With the right techniques and knowledge, baking at higher elevations can be a breeze.

I'm excited to share my passion for **HIGH ALTITUDE** baking with you all and help you elevate your baking game. From adjusting recipes to using the right equipment, we'll cover everything you need to know to create delectable treats that rise to new heights. Join us on this baking journey as we explore the challenges and triumphs of **HIGH ALTITUDE** baking together.

Let's get started! & Thank you in Advance for Enjoying Issue 1

Vic"Tor"i"a at 8750'

Covered This Month...

BROWN SUGAR Hard As A Rock (Science of Sugar)

Banana Bread and THE PERFECT Ripe Banana

INTERNAL Temps in the HIGH ALTITUDE Kitchen



Cakes: 300°F (150°C) for most cakes, but can vary depending on the recipe.
Cupcakes: 325°F (165°C) for most cupcakes.
Breads: 350°F (175°C) to 375°F (190°C) depending on the desired level of browning.
Cookies: 350°F (175°C) to 375°F (190°C) depending on the desired level of browning.
Pies: 350°F (175°C) for most pies.
Fruit pies: 350°F (175°C) to 375°F (190°C) depending on the recipe and desired level of doneness.
Custard pies: 325°F (165°C) to 350°F (175°C) depending on the recipe and desired level of doneness.
Biscuits: 425°F (220°C) to 450°F (230°C) depending on the recipe and desired level of doneness.
Cinnamon rolls: 350°F (175°C) to 375°F (190°C) depending on the recipe and desired level of doneness.
Quiches: 350°F (175°C) to 375°F (190°C) in the center.

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'](#)

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I take your question and create a post so Everyone can Learn ...

Questions are answered DAILY so...

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Ensuring the accuracy of your oven's temperature is critical... To achieve this, it's advisable to use an oven thermometer <https://amzn.to/430XXR2>

Additionally, it's essential to check the temperature of the cake, bread, or meats you're baking or cooking with an internal thermometer...

As a result, I recommend investing in a thermometer to monitor your cooking and baking accurately...

Don't procrastinate as your next cake or dish may rely on it...

As an Amazon affiliate, I may receive a commission on purchases made for the below link... <https://amzn.to/430XXR2>



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BROWN SUGAR is a type of sugar that contains molasses, a thick, dark syrup that is added to white sugar during processing. **BROWN SUGAR** is often used in baking recipes to add a deeper, richer flavor to baked goods, as well as a soft, moist texture. However, at *HIGH ALTITUDE*, **BROWN SUGAR** can become hard and lumpy, which can make it difficult to measure and use in recipes.

The reason why **BROWN SUGAR** gets hard at *HIGH ALTITUDE* is due to the lower air pressure and drier air. At *HIGH ALTITUDE*, the lower air pressure causes moisture to evaporate more quickly, which can cause **BROWN SUGAR** to dry out and harden. Additionally, the drier air can cause **BROWN SUGAR** to clump together, making it difficult to use.

To fix hard **BROWN SUGAR** at *HIGH ALTITUDE*, there are a few methods you can try.



1. **Microwave method:** Place a slice of bread or a damp paper towel on top of the hardened brown sugar and microwave it for about 20-30 seconds. The moisture from the bread or paper towel will transfer to the sugar, softening it.
2. **Oven method:** Preheat your oven to 250°F (120°C), place the hardened brown sugar in an oven-safe container, and bake for about 5-10 minutes. This will help to remove any moisture that has accumulated in the sugar, causing it to harden.
3. **Boiling water method:** Put the hardened brown sugar in a heatproof bowl or container and pour boiling water over it until it is covered. Cover the bowl with a lid or plastic wrap and let it sit for a few hours, stirring occasionally, until the sugar is softened.
4. **Grate the brown sugar:** Use a fine grater or a food processor to grate the hardened brown sugar into fine crystals.
5. **Microwave with apple slices:** Place the hardened brown sugar in a microwave-safe bowl with a few slices of apple. Microwave for about 30 seconds, remove the apple slices, and stir the sugar. The apple slices will add moisture to the sugar, making it soft again.
6. **Use a damp cloth:** Wrap the hardened brown sugar in a damp cloth or paper towel and let it sit overnight. The sugar will absorb the moisture from the cloth and become soft again.
7. **Use airtight containers:** Store brown sugar in an airtight container with a lid to prevent it from absorbing moisture from the air, which can cause it to harden.
8. **Add a slice of bread:** Place a slice of bread in the container with the hardened brown sugar and leave it for a few days. The moisture from the bread will transfer to the sugar, making it soft again.
9. **Add a few drops of water:** Add a few drops of water to the hardened brown sugar, seal the container, and shake it vigorously. Repeat until the sugar is soft and free of lumps.
10. **Use a terra cotta brown sugar saver:** Soak a terra cotta brown sugar saver in water for about 15 minutes, pat it dry, and place it in the container with the hardened brown sugar. The terracotta will release moisture into the sugar, preventing it from hardening.

To prevent **BROWN SUGAR** from getting hard at *HIGH ALTITUDE*, you can store it in an airtight container with a small piece of bread or an apple slice. You can also store **BROWN SUGAR** in the refrigerator or freezer, which will help to keep it moist and prevent it from drying out. Additionally, you can add a damp paper towel to the container of **BROWN SUGAR** to help keep it soft and moist. Finally, make sure to measure out the **BROWN SUGAR** you need for a recipe and then immediately seal the container to prevent air from getting in and causing the sugar to harden.



You can **MAKE YOUR OWN** brown sugar at home by mixing granulated white sugar and molasses together. Here's how to do it:

- 1 cup granulated white **SUGAR**
- 1 tablespoon **MOLASSES** (for light brown sugar) or 2 tablespoons **MOLASSES** (for dark)
 1. In a mixing bowl, add the granulated white sugar and molasses.
 2. Use a fork or a whisk to mix the ingredients together thoroughly.
 3. Store the homemade **BROWN SUGAR** in an airtight container at room temperature.

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BROWN SUGAR





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BANANAS, and the Science of RIPENING in a High ALTITUDE Kitchen...

Ripe **bananas** are the best for banana bread because they are sweeter, softer, and more flavorful than unripe **bananas**. As **bananas** ripen, the starch in the fruit converts to sugar, which makes them sweeter and more tender. This also makes them easier to mash and incorporate into the batter, resulting in a more even texture throughout the bread.

The ripening of **bananas** is a complex biochemical process that involves the breakdown of complex carbohydrates, the synthesis of new compounds, and changes in the fruit's color, texture, and flavor. When **bananas** are harvested, they are still green and immature, containing complex carbohydrates like starch and a slightly bitter taste.



As **bananas** ripen, enzymes in the fruit begin to break down the complex carbohydrates into simpler sugars, such as glucose and fructose. This process is known as starch hydrolysis and is responsible for the softening of the **banana's** texture and the development of its sweet flavor. The **banana's** skin also begins to turn yellow as the chlorophyll breaks down and is replaced by carotenoid pigments. The fruit also produces and releases a gas called ethylene, which is a natural plant hormone that triggers ripening in many fruits, including bananas.

In a high altitude kitchen, the ripening process of **bananas** may be affected by changes in atmospheric pressure, temperature, and humidity. Due to lower atmospheric pressure at higher altitudes, the boiling point of water is lower, which can cause a drier climate in a high altitude kitchen. This may cause bananas to ripen more slowly or unevenly, as the enzymes responsible for the breakdown of complex carbohydrates and the synthesis of new compounds are affected by temperature and humidity.

To promote proper ripening of **bananas** in a high altitude kitchen, it is recommended to store them in a slightly warmer and more humid environment than at sea level. This can be achieved by placing the **bananas** in a sealed container with a ripe apple or pear, as these fruits release ethylene gas that promotes ripening. The use of a paper bag or plastic wrap can also help to trap moisture and ethylene gas around the **bananas** to accelerate the ripening process.



COPYCAT - HIGH ALTITUDE BANANA CAKE RECIPE WITH CREAM CHEESE ICING...

A RECIPE MADE WITH **RIPE** BANANAS, VANILLA, BUTTERMILK AND TOPPED WITH THE "EVER SO SWEET" CREAM CHEESE ICING. WHEN YOU LIVE IN THE MIDDLE OF NOWHERE AND REALLY MISS YOUR **SARAN WRAPPED** FAVORITE... THIS IS THE RECIPE I USE...



Ingredients:

- 1/2 cup softened butter
- 1 cup granulated sugar
- 2 large eggs (room temperature)
- 1 tablespoon vanilla extract
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1/2 cup buttermilk
- 4 ripe bananas (mashed)
- 1/2 cup chopped walnuts

For the cream cheese icing:

- 4 oz CREAM CHEESE, softened
- 1/4 cup BUTTER, softened
- 1 Tablespoon VANILLA extract
- 2 cups Powdered SUGAR



Directions:

1. Preheat your oven to 350°F (180°C). Check your oven's temperature with an oven thermometer.
2. Line a 9x13x2 inch baking pan foil and parchment paper.
3. In a large mixing bowl, mix all ingredients until just combined.
4. Fold in the mashed bananas and chopped walnuts (if using).
5. Pour the batter into the prepared baking pan and smooth the top with a spatula.
6. Bake for 30-35 minutes, or until a toothpick inserted into the center of the bread comes out clean.
7. Let the bread cool completely in the pan.

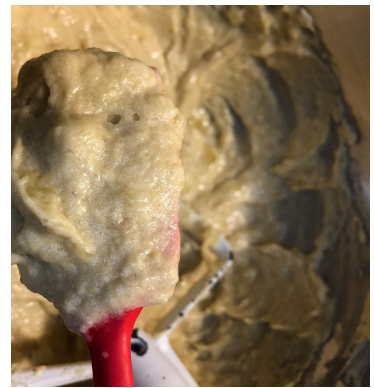
To make the cream cheese icing:

1. In a medium mixing bowl, beat the cream cheese and butter until smooth.
2. Add the vanilla extract and powdered sugar and beat until well combined.
3. Spread the icing over the cooled banana bread and cut into squares.



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WITH YOUR PAN UPSIDE DOWN, LINE THE OUTSIDE OF YOUR PAN WITH FOIL... NOW FLIP THE PAN AND PUT YOUR PRE-FORMED FOIL INSIDE AND LINE WITH PARCHMENT PAPER



I MAKE SOME WITH NUTS, AND SOME WITHOUT... I USE A SMALL PIECE OF PARCHMENT TO SEPARATE THE TWO SECTIONS, POUR MY DOUGH AND BAKE IN A 350° OVEN





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WHY SHOULD YOU USE AN OVEN THERMOMETER AND AN INTERNAL TEMPERATURE THERMOMETER IN A HIGH ALTITUDE KITCHEN?

Using an **OVEN THERMOMETER** and an **INTERNAL THERMOMETER** is crucial when baking in a High Altitude Kitchen because it allows you to accurately control the temperature of the **OVEN** and the doneness of your baked goods. At High Altitudes, the lower air pressure can cause changes in the boiling point of water, which affects the way your baked goods rise and cook.

As a result, the temperature and cooking time recommendations provided in recipes may not always be accurate, and you may need to make adjustments to achieve optimal results.

An **OVEN THERMOMETER** helps you monitor the temperature of your oven accurately. Many ovens can have significant temperature variations, and even a 10-degree difference can affect the outcome of your baked goods.



- For example, if your **OVEN** runs 10 degrees hotter than the recommended temperature, your cake or bread may rise and set too quickly, leading to a dense or dry texture.
- Conversely, if your **OVEN** runs 10 degrees colder, your baked goods may not rise and cook evenly, resulting in a dense and undercooked center.

WHAT INTERNAL TEMPERATURE IS CONSIDERED DONE IN A HIGH ALTITUDE KITCHEN?

An **INTERNAL THERMOMETER**, on the other hand, allows you to measure the **INTERNAL** temperature of your baked goods, ensuring that they are cooked all the way through. This is particularly important in a High Altitude Kitchen, where the lower air pressure can cause baked goods to cook more quickly on the outside, while the inside remains undercooked.

By inserting an **INTERNAL THERMOMETER** into the center of your baked goods, you can check that they have reached the appropriate internal temperature for doneness.



By using both an **OVEN THERMOMETER** and an **INTERNAL THERMOMETER**, you can ensure that your baked goods are cooked to perfection every time, even in a High Altitude Kitchen where the cooking environment can be unpredictable.

Beef (steak, roast, ground):

125°F (52°C) for rare, 130°F (54°C) to 135°F (57°C) for medium rare, 140°F (60°C) to 145°F (63°C) for medium, 150°F (66°C) to 155°F (68°C) for medium well, and 160°F (71°C) and above for well done.

Pork (chops, loin, roast, ground):

145°F (63°C) for all cuts except ground pork which should be cooked to 160°F (71°C).

Lamb (chops, roast):

125°F (52°C) for rare, 130°F (54°C) to 135°F (57°C) for medium rare, 140°F (60°C) to 145°F (63°C) for medium, 150°F (66°C) to 155°F (68°C) for medium well, and 160°F (71°C) and above for well done.

Chicken (breasts, thighs, drumsticks):

165°F (74°C) for all cuts.

Turkey (breast, legs, thighs):

165°F (74°C) for all cuts.

Duck (breast, legs):

130°F (54°C) to 135°F (57°C) for rare, 140°F (60°C) to 145°F (63°C) for medium, and 150°F (66°C) to 155°F (68°C) for well done.

Goose (breast, legs):

130°F (54°C) to 135°F (57°C) for rare, 140°F (60°C) to 145°F (63°C) for medium, and 150°F (66°C) to 155°F (68°C) for well done.

Venison (loin, chops, roast):

125°F (52°C) for rare, 130°F (54°C) to 135°F (57°C) for medium rare, 140°F (60°C) to 145°F (63°C) for medium, 150°F (66°C) to 155°F (68°C) for medium well, and 160°F (71°C) and above for well done.

Bison (steak, roast, ground):

125°F (52°C) for rare, 130°F (54°C) to 135°F (57°C) for medium rare, 140°F (60°C) to 145°F (63°C) for medium, 150°F (66°C) to 155°F (68°C) for medium well, and 160°F (71°C) and above for well done.

Elk (loin, chops, roast):

125°F (52°C) for rare, 130°F (54°C) to 135°F (57°C) for medium rare, 140°F (60°C) to 145°F (63°C) for medium, 150°F (66°C) to 155°F (68°C) for medium well, and 160°F (71°C) and above for well done.

Cake: 205°F (96°C) for most cakes, but can vary depending on the recipe.
Cupcakes: 205°F (96°C) for most cupcakes.
Brownies: 195°F (90°C) to 205°F (96°C) depending on the desired level of fudginess.
Cheesecake: 150°F (65°C) to 155°F (68°C) in the center, but can vary depending on the recipe.
Bread: 190°F (88°C) to 205°F (96°C) depending on the recipe and type of bread.
Rolls: 190°F (88°C) to 205°F (96°C) depending on the recipe and type of roll.
Muffins: 205°F (96°C) for most muffins.
Scones: 190°F (88°C) to 205°F (96°C) depending on the recipe and desired level of doneness.
Pie crust: 200°F (93°C) to 210°F (99°C) for a fully baked pie crust.
Fruit pies: 190°F (88°C) to 205°F (96°C) for the filling, depending on the recipe and type of fruit.
Custard pies: 170°F (77°C) to 175°F (79°C) in the center.
Cookies: 190°F (88°C) to 205°F (96°C) depending on the recipe and desired level of crispiness.
Biscuits: 190°F (88°C) to 205°F (96°C) depending on the recipe and desired level of doneness.
Cinnamon rolls: 190°F (88°C) to 205°F (96°C) depending on the recipe and desired level of doneness.
Quiche: 160°F (71°C) to 165°F (74°C) in the center.

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