



# FOODCRAFTING

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JOANN'S FIELD GUIDE

NAME

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# Introduction

Hi there! Welcome to JOANN's Field Guide to Foodcrafting.

If you picked this up, you must be interested in making homemade treats and sweets for you, your family or for special occasions. Just getting started? Lucky for you, we've got lots of tips!

For specific projects and inspiration, make sure to visit [joann.com/projects](http://joann.com/projects). But if you need some basic information to get started, you've got the right guide in your hands. After reading through this information, you'll be able to select the right tools and supplies for everything your sweet tooth desires, plus learn some techniques to get started.

Make sure to check out the classes we offer at [joann.com/classes](http://joann.com/classes). And, as always, we can hardly wait to see what you make. Share with us! #handmadewithjoann

## Words to Know

**All-purpose flour** -- a white flour that works well for all types of baked products; sold pre-sifted.

**Batter** -- a mixture usually made with flour and a liquid, such as milk or fruit juice. It also may include egg, sugar, butter, shortening, cooking oil, leavening or flavorings.

**Beat** -- to make a mixture smooth by briskly whipping or stirring it with a spoon, fork, whisk, rotary beater or electric mixer.

**Blend** -- to combine two or more ingredients until smooth and uniform in texture, flavor and color; done by hand or with an electric blender or mixer.

**Blind bake** -- the process of pre-baking a piecrust when the filling will not be baked, as in custard or cream pies, or when the filling needs a short baking.

**Boil** -- to cook food in liquid at a temperature that causes bubbles to form in the liquid and rise in a steady pattern, breaking on the surface. A rolling

boil is when liquid is boiling so vigorously the bubbles can't be stirred down.

**Bread flour** -- the type of flour recommended for bread recipes. Made from hard wheat, it has a higher gluten content than all-purpose flour. Gluten, a protein, provides structure and height to breads, making bread flour well suited for the task.

**Cake flour** -- made from soft wheat and produces a tender, delicate crumb. Many bakers use it for angel food and chiffon cakes.

**Caramelize** -- to heat and stir sugar until it melts and browns. Caramelized, or burnt, sugar is used in dessert recipes such as flan, candy-coated nuts, burnt sugar cake and frosting.

**Cream** -- to beat a fat, such as butter or shortening, either alone or with sugar to create a light and fluffy consistency. This process incorporates air into the fat so baked products have a lighter texture and better volume. The technique is most often used in making buttercream, cake batter or cookie dough.

**Crimp** -- to pinch or press pastry dough together using your fingers, a fork or another utensil. Usually done for a piecrust edge.

**Cut in** -- to work a solid fat, such as shortening or butter, into dry ingredients, usually with a pastry blender or two knives.

**Dash** -- a measure equal to 1/16 teaspoon.

**Dissolve** -- to stir a solid food and a liquid food together to form a mixture until none of the solid remains.

**Dough** -- a mixture of flour and liquid to which other ingredients, such as sweeteners, shortening, butter, egg or a leavening agent may be added. A dough is thick and can't be poured. Some doughs can be kneaded. Soft doughs have more liquid and generally are used for biscuits, breads and drop cookies. Stiff doughs are firm enough to be rolled out easily and can be used to make piecrusts and cutout cookies.

**Drizzle** -- to randomly pour a liquid, such as powdered sugar icing, in a thin stream over food.

**Dust** -- to lightly coat or sprinkle a food with a dry ingredient, such as flour or powdered sugar, before or after cooking.

**Flute** -- to make a scalloped, decorative pattern or impression in food, usually a piecrust.

**Fold** -- a method of gently mixing ingredients, usually delicate or whipped, that cannot withstand stirring or beating.

**Frosting** -- a thick, sweet topping on cakes, cupcakes or cookies. Frosting is soft enough to spread but stiff enough to hold its shape.

**Garnish** -- to add visual appeal to a finished dish by decorating it with small pieces of food or edible flowers. The term also refers to the items used for decoration.

**Glaze** -- a thin, glossy coating drizzled on cookies, cakes or breads.

**Grease** -- to coat a vessel, such as a baking pan or skillet, with a thin layer of fat or oil.

**Icing** -- to drizzle or spread a thin glaze onto baked goods.

**Knead** -- to work dough with the heels of your hands in a pressing and folding motion until the dough becomes smooth and elastic; an essential step in developing the gluten in many yeast breads.

**Marble** -- to gently swirl one food into another; usually done with light and dark batters for cakes or cookies.

**Meringue** -- sweetened, stiffly beaten egg whites used for desserts. There are two basic types of meringues. Soft meringues are moist and tender and are used for topping pies and other desserts. Hard meringues are sweeter and are baked to form crisp, dry dessert shells or cookies, such as macarons.

**Pipe** -- to force a semisoft food, such as whipped cream or frosting, through a pastry bag to decorate a food.

**Roll** -- to form a food into a shape. Dough, for instance, can be rolled into ropes or balls. The phrase "roll out" refers to manually flattening a food -- usually a dough or pastry -- with a rolling pin.

**Shortening** -- a solid fat made from vegetable oils. Shortening is often used to create tender, flaky piecrusts and biscuit toppers.

**Sift** -- to remove lumps and incorporate air into one or more dry ingredients, especially flour or powdered sugar.

**Simmer** -- to cook a food in liquid that is kept below the boiling point; a few bubbles will form slowly and burst before they reach the surface.

**Sponge** -- a batterlike mixture of yeast, flour and liquid used in some bread recipes.

**Sweeteners** -- essential for adding flavor, tenderness and browning to baked desserts. They may either be granular, as in granulated white and brown sugars, or liquid, as in honey, corn syrup and molasses.

## **Whip**

To beat a food lightly and rapidly using a wire whisk, rotary beater or electric mixer to incorporate air into the mixture and increase its volume. The ingredient will go through the following stages:

- Soft peaks - these just barely hold their shape so the peaks quickly flop over.
- Medium peaks - these hold their shape well, except the tip of the peak folds over on itself when the beater is lifted.
- Stiff/Firm peaks - stand up straight when the beater is lifted.

Note: Beating the whipping cream beyond stiff peaks makes butter.

**Yeast** -- a tiny organism that feeds on sugar in dough, often bread dough, to make small carbon dioxide bubbles that get trapped and make the dough rise. It works slowly and helps to develop flavorful dough.

**Zest** -- the colored part of the citrus fruit peel. Used as flavoring.

## Basic Baking Tools

**Parchment paper** - used to line cookie sheets and cake pans to prevent baked goods from sticking.

**Baking strip** - fabric that insulates metal cake pans to help heat distribution so that cake sides and center bake evenly.

**Baking pan** -- a coverless metal vessel used for cooking in the oven. Baking pans vary in size and may be round, square, rectangular or a novelty shape, such as a heart.

**Cooling rack** - a surface to help food cool on all sides after baking.

**Sifter** - a fine mesh sieve to break up clumps in dry ingredients such as flour and powdered sugar.

**Dry measuring cups** - basic dry measuring cup sets include 1/4 cup, 1/3 cup, 1/2 cup & 1 cup. A dry measuring cup has a straight, even top to allow for easy leveling.

**Liquid measuring cups** - cups to measure liquids in a 1, 2, 4 or 8-cup capacity. These cups are made of clear glass or plastic and have a pouring spout with measurement markings on the side.

**Oven thermometer** - used to check the accuracy of your oven's internal temperature.

**Rolling pin** - makes thin, even dough before baking for piecrusts, sugar cookies and pizza dough.

**Spatulas** - generally made of silicone that is heat resistant up to 500° Fahrenheit. These are used for everything from mixing and folding to scraping a bowl clean.

**Cookie scoop** - helps make uniform-sized cookies.

**Round cake pans** - used for one or multiple layer cakes. The standard sizes are 8 or 9 inches.

**Cake stand/turntable** - raises the cake from counter to be closer to sight level to make icing and decorating easier and more comfortable.

**Cookie sheets** - flat metal sheets designed for placing rows of cookies. They generally are rimless on two sides with small rims on the short sides for easy gripping.

**Cookie cutters** - tools used to cut decorative shapes out of rolled out cookie dough.

**Jelly roll pan** - jelly roll pans are the same as a baking sheet but are often available in larger sizes. They are most often used to make bar cookies, shortbread, sponge cakes and sheet cakes.

**Silicone baking mat** - convenient, nonstick, reusable, easy-to-clean and dishwasher-safe baking mats that reduce cookie spreading and risk of burning.

**Square baking pan** - many bar cookie and brownie recipes, and some small cakes, use a square baking pan that is either 8 or 9 inches.

**Loaf pans** - most commonly used to bake savory breads and some desserts such as old-fashioned pound cake, zucchini and banana breads.

**Cupcake (Muffin) pans** - used to make both cupcakes and muffins. These have 6 or 12 separate cups.

**Baking cups** -- aluminum, parchment or paper liners for cupcakes and muffins are available in a range of sizes, colors and decorative patterns.



**Whisk** -- a kitchen utensil made of a group of looped wires held together by a long handle. Whisks are used to whip or beat ingredients such as eggs and cream to incorporate air into them.

**Angel food cake pan** - a specialty round pan with a removable center. Leave the pan ungreased, and the cake will rise by clinging to the dry sides of the pan.

**Springform pans** - a specialty pan with removable sides for certain desserts like cheesecake. This allows for the baking of certain dishes that couldn't be easily turned out from a pan, no matter how well greased.

**Tart pans** - these generally have fluted edges and a removable bottom that make it easy to remove the tart without damaging the crust.

## Cake & Cookie Decorating

Once your cake is baked & cooled, it's time to start dressing it up. Where do you start?

### TYPES OF FROSTING

**Buttercream frosting** -- a combination of softened butter, powdered sugar, vanilla and milk. The go-to frosting for simple cake decoration. Easy to flavor, spread and color.

**Cream cheese frosting** -- sweetened, whipped cream cheese is easily spread and very stable. Commonly used for carrot and red velvet cakes.

**Ganache** -- a very simple recipe where cream is added to melted bittersweet or semisweet chocolate for a rich glaze that can be poured over a dessert for a glossy, elegant finish.

**Royal icing** -- a combination of egg whites, powdered sugar and cream of tartar is whipped into an easy-to-use liquid that hardens completely once the design is complete. It's excellent for decorating cookies and is easily dyed with food coloring.

**Glaze icing** -- a mixture of powdered sugar and water that is often flavored with lemon juice, vanilla or almond extract. This icing easily takes to food coloring. While it does not harden as firmly as royal icing, it is effortless to prepare.

**Fondant** -- a sugar paste with the texture of clay. Its stability and ability to be easily manipulated makes it invaluable for wedding cakes and other elaborate designs. While it can be flavored, it is not the most delicious of all frostings.

## DECORATING TOOLS

**Pastry bags** - pastry bags are available in reusable or disposable bags made of parchment or plastic. Icing is spooned into the bag and then squeezed out through a decorative metal cake tip.

**Cake decorating tips** - these are attached to the pastry bags, and frosting is pushed and shaped through them. These are most likely the first few decorative tips you'll acquire, particularly if you get an introductory set:

- **Star** -- create the most celebrated and easily accomplished decorations. Use to fill in character cakes or for borders of stars, shells and zigzags.
- **Drop Flower** -- make two flower types with one tip! For a standard star drop flower, hold bag straight up or make a swirl drop flower with a twist of the wrist.
- **Round Tips** -- use smaller round tips for vines, stems, dots and lettering. Great for outlines and bead borders.
- **Petal** -- essential for making flowers, use this tip to also pipe ruffles, swags and bows.

- Leaf -- make leaves for floral sprays, lilies, poinsettias, character details and shell-motion borders.
- Grass -- pipe multiple pullout lines for grass, hair and fur. Craft fun, textured effects on character cakes and cupcakes.
- Basketweave -- make smooth or ribbed stripes. Create character details or pipe shingles on a gingerbread house.

## **SPRINKLES & DECORATIONS**

Basic, frosted cakes and cupcakes can be made magical in no time. Turn to the vast range of sprinkles, sparkles, glitter, glitz, pastels, pearls, colors and confetti to dust, shower or scatter over your confections.

Choose from sprinkle mix, pearl dust, mini and maxi confetti, sugar roses or mustache lollipops to dress up a tray of cupcakes. The choices seem endless in color, texture, theme and style.

## **COLORS & FLAVORINGS**

Your foodcrafting adventures can be even more fun by combining colors and flavorings to make uniquely delicious creations.

**Food coloring** - concentrated edible dye that's used to tint candies, cakes and frostings. Available in liquid and gel forms.

**Liquid food color** - the most common form of food coloring. It's not very concentrated, so more of the product must be used to achieve strong colors.

**Gel color (dye)** - thicker and more concentrated coloring to help achieve vibrant colors for frostings and homemade candies.

**Color Mist®** - an easy-to-use spray that adds an airbrushed color to frosted desserts.

**Extracts and flavorings** - enhance icings and desserts with a wide range of flavors such as banana, rum, coconut, pumpkin spice, coffee, red velvet, raspberry and vanilla.

## Candy Making

The world of sweets goes well beyond cakes and cupcakes. With a Candy Melter or a double boiler, you can open the gates to a world of colorful and whimsical candies!

### TOOLS & SUPPLIES

**Candy Melts®** - easy-to-melt candy discs that come in a wide range of colors from vibrant to pastel. When melted, they become pourable, dippable and perfect for molded candy or as a coating for cake pops and pretzel rods.

**Candy Melting Pot** - melts up to 2 ½ cups of Candy Melts® candy within 10 minutes.

**Double boiler** - a set of two pans nested together. Double boilers are traditionally used to cook or heat foods that need gentle heat, such as melting chocolate or other candy. Make sure to leave enough room in the bottom pan for one or two inches of water.

**Candy molds** - help to create hard candies and chocolates in an array of shapes, sizes and themes from tea parties to wedding favors to Halloween monsters.

## Tips & Tricks

- When decorating cookies, cupcakes or candy, put your goods up on a cooling rack to keep drizzled icing or glaze from pooling.
- Spoon flour directly into a measuring cup, mound it on top and then level it off with the side of a knife. Don't scoop it up with the measuring cup or pack it down.

- In order to keep your dough from sticking as you roll it out, keep the surface of the rolling pin and dough well floured.
- If cookie dough is sticking to the cookie scoop, spray it with a nonstick baking spray.
- Tuck strips of parchment paper around the bottom of the cake as you frost it. They'll catch any drips of frosting and keep the cake stand clean for a professional presentation.
- Refrigerate cutout cookies for 10-30 minutes prior to baking to keep the edges of the final product sharp.
- It's best to use metal pans for cookies and brownies and glass pans fruit desserts, baked custards and bread puddings.
- Stand a pastry bag up in a tall drinking glass and fold the edges over the rim of the glass to make filling it with frosting easier.
- Use cookie cutters as stencils on top of a cake. Fill in with sprinkles, then lift off!
- Use ice cold water when making pastry dough for piecrust. It keeps the butter cold when cutting in, which results in a flakier crust.

## **BAKING SUBSTITUTIONS**

- 1 cup buttermilk = 1 Tablespoon lemon juice or white vinegar plus whole milk (let stand 5 minutes)
- 2 large eggs = 3 small eggs
- 2 egg yolks = 1 whole egg
- 1 teaspoon lemon juice = ½ teaspoon white vinegar
- 1 cup all-purpose flour = 1 cup plus 2 Tablespoons sifted cake flour

- 1 ounce unsweetened chocolate = 3 Tablespoons cocoa powder + 1 Tablespoon oil
- Alternative flours, grains, rices and ground nuts can be substituted in most recipes, but the flour proportions and wet ingredient proportions may need adjusted. Cooking time may vary, too.
- For a healthy alternative, swap out butter or oil with a fruit or vegetable like applesauce, banana, avocado and zucchini. This can affect the taste, texture and cooking time of the finished product.

## MEASUREMENT EQUIVALENTS

### Wet Ingredient Equivalents

8 ounces	=	1 cup
2 cups	=	1 pint
2 pints	=	1 quart
1 quart	=	4 cups
4 quarts	=	1 gallon

### Dry Ingredient Equivalents

1/2 Tablespoon	=	1 1/2 teaspoons
1 Tablespoon	=	3 teaspoons
1/8 cup	=	2 Tablespoons
1/4 cup	=	4 Tablespoons
1/3 cup	=	5 Tablespoons + 1 teaspoon
1/2 cup	=	8 Tablespoons
2/3 cup	=	10 Tablespoons + 2 teaspoons
3/4 cup	=	12 Tablespoons
1 cup	=	16 Tablespoons
2 cups	=	1 pound

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