

# Contents

<b>Introduction</b> .....	4
<b>Eating Well</b> .....	5
<b>Cake Science</b> .....	11
<b>Let's Bake a Cake</b> .....	12
<i>Yellow Cake</i> .....	12
<i>Sponge Cake</i> .....	13
<b>Cake Finishes</b> .....	15
<i>Uncooked Butter Frosting</i> .....	15
<i>Seven-minute Frosting</i> .....	15
<i>Fudge Frosting</i> .....	16
<i>Busy Day Oatmeal Cake</i> .....	17
<b>Mixes</b> .....	18
<b>Other Important Things to Do</b> .....	19
<b>Let's Make Pastry</b> .....	20
<i>Basic Recipe for Pastry (from solid shortening)</i> .....	21
<i>Great Ideas With Pastry</i> .....	29
<i>Pie Fillings</i> .....	31
<i>Thickening Agents</i> .....	35
<i>Cream Pies</i> .....	38
<i>Custard Pies</i> .....	44
<i>Fruit Pies</i> .....	47
<i>Meat Pies, Cheese Pies, Little Pies and More</i> .....	51
Freezing Pies and Pastry Products .....	55
Troubleshooting Pastry .....	56
Homemade or Ready-Made? .....	57
<b>Baking Record Form</b> .....	59