

Recipes from the UAF Community & Technical College Culinary Arts & Hospitality Kitchen

For recipe questions please call 455-2902.

Vanilla Sponge Cake

From the UAF Community & Technical College Culinary Arts & Hospitality Kitchen

Ingredients

- 3 Eggs
- 3 Egg Yolks
- 5 oz. Granulated Sugar
- 1.5 tablespoons Vanilla Extract
- 2.75 oz. Cake flour, sifted
- 3 Egg whites
- 1 lb. 4 oz. Powdered Sugar, sifted

Make it

1. Line a full-sheet pan with parchment. Lightly butter and flour the paper.
2. Whip the eggs, egg yolks, sugar and vanilla in a missing bowl on medium high speed until the mixture forms thick ribbons.
3. Remove the yolk mixture from the machine and delicately fold in the flour. Set aside.
4. In a separate bowl, use a clean whip to whip the egg whites and powdered sugar to medium-soft peaks.
5. Lighten the yolk mixture with one-third of the whipped egg whites, than fold in the remaining whites.
6. Spread the sponge cake batter evenly on the prepared sheet pan using an offset spatula. Bake at 425°F (220°C) until the cake springs back when lightly touched, approximately 7 to 8 minutes.

Variation: Chocolate sponge cake – Reduce the cake flour to 2 ounces and sift it with .75 ounces of cocoa powder.



Whipped Chocolate Ganache Filling

From the UAF Community & Technical College Culinary Arts & Hospitality Kitchen

Ingredients

- 1 lb Dark chocolate
- 12 oz. Heavy Cream

Make it

1. Chop chocolate into small pieces.
2. Bring the cream just to a boil, stirring to prevent scorching. (Use very fresh cream, old cream is more likely to curdle when it is boiled.)
3. Add chocolate. Remove from heat, stir, and let stand for a few minutes. Stir again until the chocolate is completely melted and the mixture is smooth. If necessary, warm gently over low heat to completely melt the chocolate. At this point, the ganache is ready to be used as an icing or glaze. Apply it by pouring it over the item to be iced, like Fondant.
4. If the ganache is not to be used warm, let it cool so it cools evenly. Cooled ganache may be stored in the refrigerator and rewarmed over a water bath when needed.
5. For whipped ganache, the mixture should first be cooled thoroughly, or it will not whip properly. Do not let it become too cold, however, or it will be too hard. With a wire whip or the whip attachment of a mixer, whip the ganache until it is light, thick, and creamy. Use at once. If stored, whipped ganache will become firm



Crème Chantilly (Chantilly Cream)

From the UAF Community & Technical College Culinary Arts & Hospitality Kitchen

Ingredients

- 1 qt Heavy cream, chilled
- 3 oz. Powdered sugar
- 2 tsp. Vanilla extract

Make it

1. Place the cream in a chilled mixing bowl. Using a balloon whisk, whisk the cream until slightly thickened.
2. Add the sugar and vanilla and continue whisking to the desired consistency. The cream should be smooth and light, not grainy. Do not over whip.
3. Cream Chantilly may be stored in the refrigerator several hours. If the cream begins to soften, gently rewhip as necessary.

Variation: Chocolate Chantilly-Place 6 ounces finely chopped bittersweet chocolate in a medium bowl. Bring 1 quart heavy cream, 4 fl. oz. milk and 3 oz. sugar to boil. Pour half of the boiled mixture onto the chopped chocolate. Whisk until smooth. Add the remaining cream and cover. Refrigerate overnight before whipping.



Baked Meringue

From the UAF Community & Technical College Culinary Arts & Hospitality Kitchen

Ingredients

- 8.75 oz. Egg whites
- 17.5 oz. Granulated sugar
- .625 fl. oz. Vanilla extract

Make it

1. Whip the egg whites to soft peaks. With the mixer running at medium speed, slowly add the sugar and continue whipping until very stiff and glossy.
2. Whip in the vanilla, if using.
3. Spread or pipe the meringue into the desired shapes on parchment-lined sheet pans.
4. Bake at 200°F (90°C) 5 hours or overnight in a non-convection oven. The baked meringues should be firm and crisp but not browned.
5. Use in assembling dessert or pastry items.

For Flavored Meringue-Substitute coffee, lemon, orange, anise or other flavoring for the vanilla extract.

