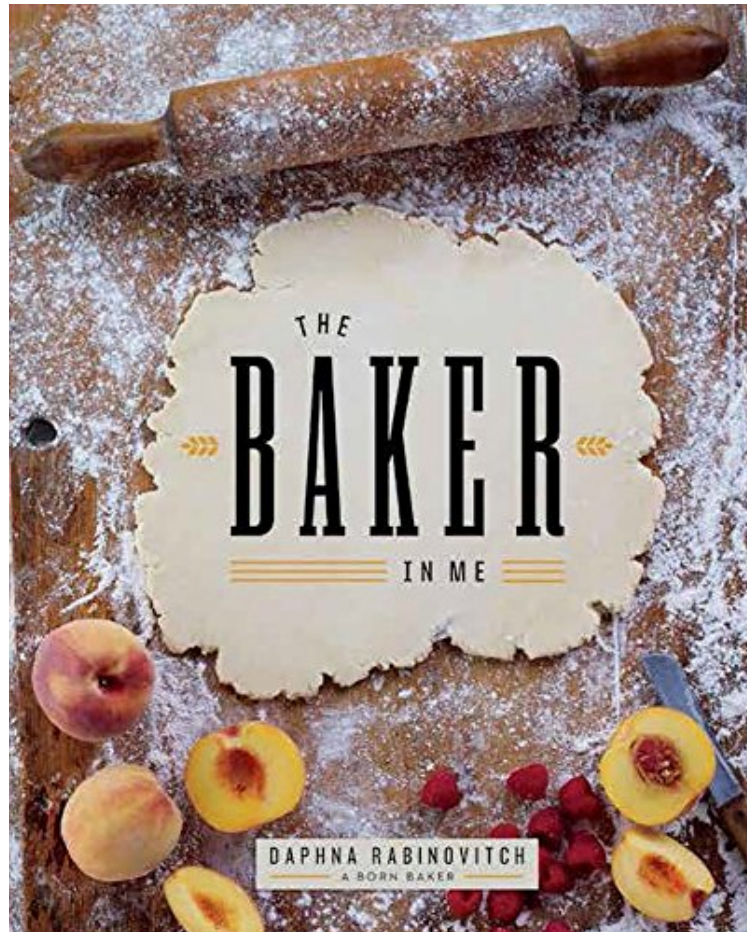


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The Baker in Me

Daphna Rabinovitch

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Daphna Rabinovitch : The Baker in Me before purchasing it in order to gage whether or not it would be worth my time, and all praised The Baker in Me:

2 of 2 people found the following review helpful. Wonderful!!By ElizabethI checked this book out from my local library when I saw it on a list of new books. After making a couple of recipes, I decided to purchase it (which is the ultimate positive review as I rarely purchase cookbooks anymore). I have made My Go-To Chocolate Chip Cookies, Chocolate Chip Cookie Bars, Banana Wheat Muffins, Nutella Swirl Muffins, Orange Vanilla Muffins with Marmalade Glaze and Buttermilk Biscuits. We *really* enjoyed each of these recipes, and I look forward to making many more things from the book! Below are a few other thoughts details.The recipe chapters in the book include:- Cookies, Bars and Squares- All Things Chocolate- Muffins, Biscuits and Scones- Quick and Yeast Breads- A Cupboard Full of Cakes- Pies, Tarts and Fruit DessertsPositives:- Ms. Rabinovitch is obviously an expert. Her recipes are well written and clear, and she offers helpful advice at the beginning of each chapter and throughout the book. I like that her book is written to the home cook.- I want to make almost everything in the book! Obviously, this will be largely individual,

but I find her recipes so appealing.- There are a good variety of recipes in each section (minus yeast breads - see below).FYI:- All ingredients are listed in volume measurements only. She discussed how she struggled with whether to include weight measurements but decided not to since most home cooks use volume. I always go by weight when baking, so I would have appreciated having them; however, it's not a big deal to quickly calculate before beginning.- The pictures that are included are beautiful, but not every recipe includes a photo. I would guess about 1 in 5 has an accompanying picture.- There are very few yeast bread recipes (they include Challah, Multi-Seed Bread, Special Occasion Chocolate Coffee Babka, Sticky Cinnamon Buns and Cheese Danish).I'm very happy with this purchase and look forward to making more delicious baked goods from the book!1 of 1 people found the following review helpful. Calling all bakers!By SandrasKitchenNookCalling bakers (or would-be bakers) everywhere! Herersquo;s a nice, thick cookbook abounding with classic baked goods. If you have a sweet tooth, this is definitely a book for you. If yoursquo;re looking for more bread and savory recipes, you wonrsquo;t find a whole lot in this book. The author states hersquo;s crazy about bread, but there are only about four actual yeast bread recipes and two of those are sweet.Looking for a great pie for the holidays? Got it. Cookies for your cookie exchange? Yep. Muffins for that special morning breakfast or brunch? Itrsquo;s here. Cakeshellip;oh, my! Cookies, bars, muffins, quick bread, pastries, cakes and more fill the pages of this delightful book.Pull out the flour, rolling pin, sugar and more, and create a holiday to remember this year with an amazing array of delicious baked good that you can find in the pages of this book and find The Baker in You!I received a copy of this book from Whitecap Books for my honest review. All thoughts and opinions are my own.

Right off the bat, I have to start by saying that although I completed my stage at a hotel restaurant and then moved on to be a pastry chef and then an executive pastry chef, I am, at heart, a home baker. -- Daphna Rabinovitch Daphna Rabinovitch has been an enthusiastic baker from her childhood right through to a distinguished career as a pastry chef. In *The Baker in Me* she brings years of experience and a keen eye for details to a comprehensive guide that lets home bakers take charge of their kitchen. Science-based and technically sound, Daphna provides a nonetheless warm and approachable guide to baking better than ever. The book includes recipes such as: Five Spice Butter Cookies Just for the Fun of It Blondies Rhubarb Coffee Cake with White Chocolate Seed Bread With chapters for cookies, bars, cakes, chocolate, muffins and quick breads, and pastries, as well as smart guides to technique, ingredients and equipment, *The Baker in Me* will be a trusted, lasting resource in kitchens everywhere.

The Introduction talks, among other things, about the science and techniques involved in baking. The sections are as follows: Barometers Of Success nbsp; nbsp; nbsp; Your Oven And Temperature Considerations Measuring Testing for Doneness The Greatest Gift of All Basic Ingredients (And All the Sciency Stuff That Goes On Behind the Scenes) A Few Techniques To Tuck Into Your Apron Equipment Below are a few of the descriptions from the Basic Ingredients section: BAKING POWDER Most of the baking powder you buy these days is double acting baking powder. Essentially this means that the baking powder starts to work upon contact with a liquid when it releases a small amount of carbon dioxide (a result of the reaction caused between the acid and the alkali). The second reaction occurs when the batter reaches a certain temperature in the heat of the oven. This is when the baking powder releases its full power, expanding the gas cells as the structure of the batter sets, giving a full rise to the cake. Baking powder is made up of baking soda, an acid to use up all of the soda (usually tartaric acid) as well as cornstarch, which prevents the acid and the baking soda from absorbing too much moisture and drying out. Too much baking powder can cause a batter to taste bitter or cause the batter to rise rapidly and then collapse (because the air bubbles in the batter grow too large and break, causing the batter to fall). Cakes will have a coarse, fragile crumb with a fallen centre. Too little baking powder results in a tough cake that has poor volume and a compact crumb. nbsp; Baking powder readily absorbs moisture from the air and can deteriorate quickly as a result. It has a shelf life of about 3 months. To test for efficacy, combine 1 tsp (5 mL) of baking powder with frac12; cup (125 mL) of hot water. If it bubbles up vigorously, the baking powder is still good. If no reaction occurs, then itrsquo;s time to buy a new can. SALT In baking, salt is as important as sugar, in my opinion. Salt is meant to enhance and enliven all of the other ingredients in a recipe. Without salt, your cookies will taste flatter than usual, your cake will lack that special oomph and your custard will come out bland. When working with yeast, salt is especially salient. Salt can kill yeast, which is why itrsquo;s almost always mixed in with the flour once the yeast has proofed. Salt also helps slow yeast, allowing the dough the time to properly develop its flavour and texture. Although many coarse salts are available, they are not optimal for baking. Fine sea salt or free-running table salt are the best options since they disperse easily into the dry ingredients and dissolve readily. Many cookies, scone and biscuits bake quickly in the oven so a salt that melts easily and quickly is required. Kosher or coarse salt is harder to measure and will not disperse as evenly in your dry mixture. If kosher salt is all you have, use 1frac34;2 tsp (9?10 mL) of kosher salt for every 1 tsp (5 mL) of regular salt. EGGS As much as butter, sugar and flour, eggs play an essential role in baking, performing an extraordinary myriad of functions. They form part of the liquid content of a cake, contribute to texture, colour and richness, help bind together different ingredients to provide structure and act as leaveners to boot. Many baked goods, in addition to baking powder and baking soda, rely on eggs

for leavening. Many cake recipes, for example, call for egg yolks to be beaten with sugar until thick and pale coloured (see the Ladyfingers on page 122, for example). When you whip together egg yolks with sugar, air is trapped between the crystals of the sugar and suspended in the expanded egg yolks. When the item in question is baked, the trapped air inside the batter expands, leavening the baked good. Eggs also provide structure to baked goods. Eggs tend to coagulate at a relatively low temperature, which can be altered by the inclusion of sugar or salt in a batter. The important thing to remember is that this coagulation provides the structure of the cake until the flour has had enough baking time to set and firm up. Eggs add tenderness to a cake because of the high fat content of the yolk. They also provide their own inimitable flavour, especially in recipes where they claim star status, such as mousses, sabayons and custards. Whole eggs are natural emulsifiers as well, because the yolks contain lecithin. This property enables eggs to bind fats to a liquid, creating wonderfully satin custards and ice creams and tender and delicate crumbed cakes. Eggs are also natural thickeners, since they can hold up to four times their own weight in moisture once they coagulate. See the section on tempering (see p. 46) to discover how to proceed with thickening a custard or the base of an ice cream. Finally, eggs provide a golden colour to many baked goods, again mostly because of the yolk. Compare the downy whiteness of an angel food cake, made only with egg whites, to the sunny golden richness of a pound cake. Eggs also provide colour when used as a glaze. The darker you want the surface of your bread to be, the higher the percentage of fat should be included in the glaze. Egg yolks, on their own, will provide the richest looking colour (as will melted butter or whipping cream), due to their high fat content. If you want a shiny finish, such as is desired on a hot cross bun, use the whites only. All of my recipes were developed and tested with large eggs. I have called for large eggs in each recipe as a reminder. If you like to bake then you will enjoy this book. About the Author Daphna Rabinovitch has worked as a pastry chef, a personal chef, the director of the Canadian Living Test Kitchen, and the senior pastry chef at the prestigious David Wood Food Shop. She is the co-author of two cookbooks, and a graduate of Tante Marie's cooking School and a baking apprenticeship in Tuscany. She lives in Toronto.