

# Baking 101



BY SHANISE PIMENTEL

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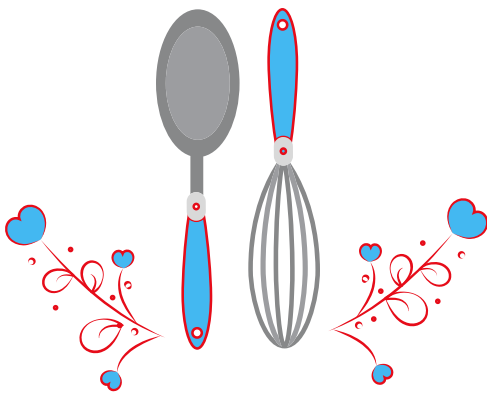
**1** About Me  
Read a little story about me.

**2** Basics of measuring  
This section introduces essential techniques to measure dry and wet ingredients correctly.

**3** Essential baking tools & its uses  
This section introduces essential tools and its uses when baking.



**4** Recipes & more  
This section includes some basic recipes for you to use. With variations and storage tips.





# ABOUT

Shanise Pimentel

# 1



Chef Shanise was born and raised in San Juan, Puerto Rico, where she was lovingly raised by her paternal grandparents. Her passion for baking and cake decorating began in 2009, and what started as a part-time hobby quickly blossomed into a lifelong love for the craft.

In 2015, Chef Shanise made the bold decision to leave her job and pursue her dream full-time by enrolling in the prestigious Culinary Institute of Lenotre in Houston, Texas. By 2016, she graduated at the top of her class with Summa Cum Laude honors, specializing as a Baker and Pastry Chef. A proud mother of five, Chef Shanise's children are her greatest inspiration and support. Her journey into the baking world began with the Basic Wilton Cake Decorating classes at Michael's Stores, but as her skills grew, so did her passion. What started as baking for family birthdays and coworkers evolved into a full-fledged career in 2010, when she took the leap to pursue her dream professionally.

When she's not in the kitchen or teaching cake decorating classes, Chef Shanise enjoys spending time with her family, attending church, and continually expanding her knowledge through new experiences.

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## BASIC MEASURING OF INGREDIENTS FOR BAKING

Accurate measuring is the foundation of successful baking.

This section introduces essential techniques to measure dry and wet ingredients correctly.



# How to Measure Dry Ingredients for Baking

Measuring dry ingredients correctly is crucial to achieving consistent results in baking.

Here's a step-by-step guide to ensure accuracy:

## Tools You'll Need

Measuring cups for dry ingredients

Measuring spoons for small quantities

A straight-edged tool (like a knife or spatula)

## Step-by-Step Instructions

### 1. Flour

Flour is one of the trickiest dry ingredients to measure because it can become compacted.

Follow these steps for accuracy:

**Fluff:** Use a spoon or whisk to loosen the flour in its container.

**Spoon:** Scoop the flour into your measuring cup with a spoon. Avoid scooping directly with the cup, as this compresses the flour.

**Level:** Use a straight-edged tool to level off the top, removing the excess flour.

**Tip:** For recipes requiring precision, weigh the flour instead. One cup of all-purpose flour typically weighs about 120–130 grams.

### 2. Granulated Sugar

Measuring sugar is more straightforward:

Scoop the sugar directly into the measuring cup.

Level it off with a straight-edged tool.

### 3. Brown Sugar

Brown sugar often needs to be packed:

Scoop the brown sugar into the measuring cup.

Press it firmly with the back of a spoon until it holds its shape when turned out.

“Measuring dry ingredients correctly is crucial to achieving consistent results in baking.”



#### 4. Powdered Sugar

Sift the sugar if the recipe calls for it (to remove lumps).

Spoon the powdered sugar into the measuring cup.

Level it off with a straight-edged tool.

#### 5. Baking Powder, Baking Soda, and Spices

For smaller quantities of dry ingredients:

Dip the measuring spoon into the container or use a scoop.

Level off the top with a straight edge to ensure accuracy.

**“ Use the Right Tools: Always use dry measuring cups for dry ingredients and not liquid measuring cups**



#### Pro Tips for Accurate Measuring

**Use the Right Tools:** Always use dry measuring cups for dry ingredients and not liquid measuring cups.

**Don't Shake or Pack (Unless Directed):** Avoid shaking the measuring cup to level it, as this can cause compaction.

**Follow the Recipe:** If the recipe specifies "sifted flour," sift before measuring. If it says "1 cup flour, sifted," measure first, then sift.

By following these steps, you'll ensure consistent and precise measurements, setting the foundation for delicious baked goods!



# How to Measure Liquid Ingredients for Baking

Measuring liquid ingredients accurately is essential for balanced recipes. Liquids behave differently than dry ingredients, so using the correct tools and techniques is crucial.

Follow this guide for precision:

## Tools You'll Need

Liquid measuring cups (usually made of glass or clear plastic with a spout)  
Measuring spoons for small quantities

## Step-by-Step Instructions

### 1. Choose the Right Tool

Use a liquid measuring cup for amounts larger than 2 tablespoons.  
For smaller quantities (e.g., teaspoons or tablespoons), use measuring spoons.

### 2. Place the Measuring Cup on a Flat Surface

Put the cup on a stable, level surface, like a countertop.  
Avoid holding the cup in your hand, as it may tilt and give an inaccurate reading.

### 3. Pour the Liquid Slowly

Gradually pour the liquid into the cup until it reaches the desired measurement line.  
Check the measurement at eye level to ensure accuracy.

### 4. Adjust as Needed

If you overfill the cup, pour a little liquid back into the container until it matches the desired amount.  
For sticky liquids like honey or molasses, use a silicone spatula to scrape the excess into the recipe.



**Measuring liquid ingredients accurately is essential for balanced recipes.**



**5. Use Measuring Spoons for Small Amounts**  
Fill the measuring spoon until it is full but not overflowing.  
For sticky liquids, lightly coat the spoon with oil or cooking spray to make pouring easier.

“ Don't use dry measuring cups for liquids, as they lack spouts and can lead to spills or mismeasurements.



### Pro Tips for Measuring Liquid Ingredients

**Avoid Guesswork:** Always use measuring tools instead of estimating by eye.

**Account for Viscosity:** For thick liquids (e.g., syrups), let the liquid settle in the cup for an accurate reading.

**Use the Right Measuring Cup:** Don't use dry measuring cups for liquids, as they lack spouts and can lead to spills or mismeasurements.

By following these steps, you'll measure liquid ingredients with precision, ensuring perfect results in your baking every time!



# 3 ESSENTIAL BAKING TOOLS

*and their uses*



Use: For measuring dry, wet, and small quantities of ingredients accurately.  
Tip: Use dry measuring cups for solids (e.g., flour, sugar) and liquid measuring cups for liquids (e.g., milk, oil).

MEASURING CUPS AND SPOONS



Use: For combining ingredients.  
Tip: Have a variety of sizes to handle different recipes.

MIXING BOWLS



Use: For blending ingredients, whipping air into batters, or emulsifying mixtures like dressings or custards.

WHISK



Use: For scraping batter, folding ingredients, or spreading frosting.  
Tip: Heat-resistant silicone spatulas are versatile for cooking and baking.

SPATULAS (RUBBER OR SILICONE)

# ESSENTIAL BAKING TOOLS

*and their uses*



Use: For mixing thicker batters and doughs.  
Tip: Ideal for creaming butter and sugar manually.

WOODEN SPOON



Use: For mixing batters, whipping cream, or kneading dough.  
Tip: A stand mixer is great for frequent bakers; hand mixers are more compact and portable

ELECTRIC MIXER (HAND OR STAND)



Use: For rolling out dough (e.g., pie crusts, cookies, and pastries).  
Tip: A marble rolling pin stays cool, ideal for delicate pastries.

ROLLING PIN



Use: For baking cookies, roasting nuts, or toasting bread.  
Tip: Use parchment paper or silicone mats to prevent sticking.

BAKING SHEETS (SHEET PANS)



# ESSENTIAL BAKING TOOLS

*and their uses*



Use: For lining baking sheets to prevent sticking and ensure easy cleanup.

PARCHMENT PAPER OR  
SILICONE BAKING MATS



Use: To cool baked goods evenly after removing them from the oven.

COOLING RACK



Use: For baking breads, pound cakes, or meatloaf.

LOAF PAN



Use: For baking cupcakes, muffins, or mini quiches.

MUFFIN TIN



# ESSENTIAL BAKING TOOLS

*and their uses*



Use: For applying glazes, butter, or egg washes.



PASTRY BRUSH



Use: For sifting flour or sugar to remove lumps and aerate ingredients.

SIFTER (OR FINE MESH STRAINER)



Use: For weighing ingredients for precise measurements, especially in recipes requiring accuracy (e.g., bread and pastries).

KITCHEN SCALE



Knife Use: For chopping fruits, nuts, or chocolate.

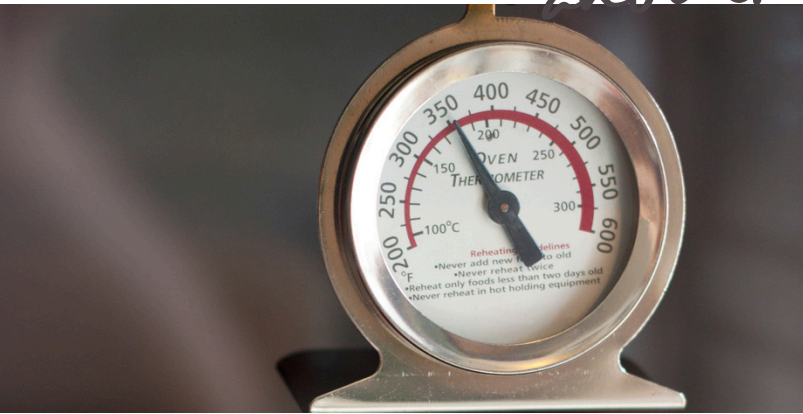
Bench Scraper Use: For dividing dough, scraping counters, or transferring chopped ingredients.

KNIFE AND BENCH SCRAPER



# ESSENTIAL BAKING TOOLS

*and their uses*



Use: For verifying your oven's temperature, ensuring it matches the recipe

OVEN THERMOMETER



Use: For baking cakes, cheesecakes, or brownies.  
Tip: Have a variety of sizes and shapes (round, square, and rectangular).

CAKE PANS



Use: For baking pies, tarts, and quiches

PIE DISH



Knife Use: For chopping fruits, nuts, or chocolate.

Bench Scraper Use: For dividing dough, scraping counters, or transferring chopped ingredients.

KNIFE AND BENCH SCRAPER

# ESSENTIAL BAKING TOOLS

*and their uses*



Use: For blending wet ingredients or whipping air into egg whites or cream.

WIRE WHISK OR BALLOON WHISK



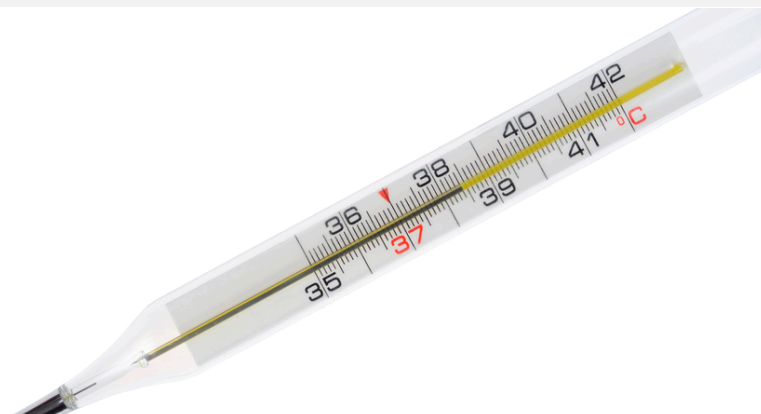
Use: For zesting citrus fruits or grating chocolate and nutmeg

ZESTER/GRATER



Use: For cutting butter into flour when making pie crusts or biscuits

PASTRY CUTTER



Use: For checking the internal temperature of bread, caramel, or custards

THERMOMETER (INSTANT-READ OR CANDY)



# ESSENTIAL BAKING TOOLS

*and their uses*



Use: For shaping cookies or cutting decorative pastry shapes.

COOKIE CUTTERS



Use: To track baking times precisely.

BAKING TIMER

WITH THESE TOOLS, YOU'LL BE EQUIPPED TO TACKLE MOST BAKING RECIPES, FROM SIMPLE COOKIES TO ELABORATE CAKES!

# 4 Recipes & more

## Simple Chocolate Chip Cookie Recipe

This classic chocolate chip cookie recipe is perfect for beginners and yields delicious, soft cookies every time.

### Ingredients

1 cup (226 g) unsalted butter, softened  
1 cup (200 g) granulated sugar  
1 cup (220 g) brown sugar, packed  
2 large eggs  
2 teaspoons vanilla extract  
3 cups (375 g) all-purpose flour  
1 teaspoon baking soda  
½ teaspoon baking powder  
1 teaspoon salt  
2 cups (340 g) chocolate chips

### Step-by-Step Instructions

#### 1. Preheat the Oven

Preheat your oven to 350°F (175°C).

Line baking sheets with parchment paper or silicone baking mats.

#### 2. Cream the Butter and Sugars

In a large mixing bowl, beat the softened butter, granulated sugar, and brown sugar until light and fluffy.

Use an electric mixer on medium speed for about 2–3 minutes.

#### 3. Add Eggs and Vanilla

Beat in the eggs, one at a time, until fully incorporated.

Mix in the vanilla extract.

#### 4. Combine Dry Ingredients

In a separate bowl, whisk together the flour, baking soda, baking powder, and salt.

#### 5. Mix Dry and Wet Ingredients

Gradually add the dry ingredients to the wet ingredients, mixing on low speed.

Stop mixing once the dough comes together—do not overmix.

#### 6. Stir in Chocolate Chips

Fold in the chocolate chips using a spatula or wooden spoon.



# Recipes & more

Continuation...

## 7. Scoop the Dough.

Use a tablespoon or cookie scoop to portion the dough into small balls. Place them on the prepared baking sheets, leaving about 2 inches of space between each cookie.

## 8. Bake

Bake in the preheated oven for 8–10 minutes, or until the edges are golden brown.

The centers may look slightly underbaked but will set as they cool.

## 9. Cool the Cookies

Let the cookies cool on the baking sheet for 2 minutes. Transfer them to a wire cooling rack to cool completely.

## Enjoy!

Serve your freshly baked cookies with a glass of milk or as a sweet treat anytime. This recipe makes about 24–30 cookies, depending on their size.

# Tips for Variations and Cookie Storage

## Cookie Variations

**Double Chocolate Chip Cookies** Replace 1/4 cup of flour with unsweetened cocoa powder. Add white chocolate chips for contrast.

**Peanut Butter Chocolate Chip Cookies** Replace half of the butter with peanut butter for a nutty twist.

**Oatmeal Chocolate Chip Cookies** Replace 1 cup of flour with 1 cup of quick-cooking oats for a chewy texture.

**Nutty Chocolate Chip Cookies** Add 1/2 cup of chopped nuts (walnuts, pecans, or almonds) to the dough.

**Salted Chocolate Chip Cookies** Sprinkle a pinch of flaky sea salt on each cookie right before baking for a gourmet touch.

## Storage Tips

1. **Storing Freshly Baked Cookies** Let the cookies cool completely before storing. Place them in an airtight container at room temperature. Add a slice of bread to the container to keep the cookies soft (the bread absorbs excess moisture). Shelf Life: Cookies stay fresh for 3–5 days at room temperature.
2. **Freezing Baked Cookies** Arrange cookies in a single layer on a baking sheet and freeze until solid. Transfer to a freezer-safe bag or container. Thaw at room temperature when ready to enjoy. Freezer Shelf Life: Up to 3 months.
3. **Freezing Cookie Dough** Scoop the dough into balls and place them on a baking sheet. Freeze until solid, then transfer to a freezer-safe bag or container. To bake, place frozen dough balls directly on a baking sheet and bake as directed, adding 1–2 minutes to the baking time. Freezer Shelf Life: Up to 3 months.



# Recipes & more

## Simple Vanilla Muffin Recipe

This basic muffin recipe is quick, easy, and can be customized with your favorite add-ins like fruits, nuts, or chocolate chips.

### Ingredients

2 cups (250 g) all-purpose flour  
1/2 cup (100 g) granulated sugar  
1 tablespoon baking powder  
1/2 teaspoon salt  
1 cup (240 ml) milk  
1/3 cup (80 ml) vegetable oil (or melted butter)  
1 teaspoon vanilla extract  
1 large egg

### Step-by-Step Instructions

#### 1. Preheat the Oven

Preheat your oven to 375°F (190°C).

Line a 12-cup muffin tin with paper liners or lightly grease it.

#### 2. Mix the Dry Ingredients

In a large mixing bowl, whisk together the flour, sugar, baking powder, and salt.

#### 3. Combine Wet Ingredients

In a separate bowl, whisk the milk, oil, vanilla extract, and egg until well combined.

#### 4. Mix Wet and Dry Ingredients

Gradually pour the wet ingredients into the bowl with the dry ingredients.

Stir gently with a wooden spoon or spatula until just combined. The batter will be slightly lumpy—avoid overmixing to keep the muffins light and fluffy.

# Recipes & more

## 5. Add Optional Mix-Ins (Optional)

Fold in 1/2–1 cup of your favorite add-ins, such as:

Chocolate chips

Blueberries

Chopped nuts

Diced apples with a sprinkle of cinnamon

## 6. Fill the Muffin Cups

Use a spoon or ice cream scoop to evenly divide the batter among the muffin cups, filling each about

2/3 full.

## 7. Bake

Bake in the preheated oven for 18–20 minutes, or until a toothpick inserted into the center of a muffin comes out clean.

## 8. Cool the Muffins

Let the muffins cool in the tin for 5 minutes. Transfer them to a wire rack to cool completely.

Enjoy!

These muffins are perfect for breakfast, snacks, or dessert. Serve warm with butter or jam, or enjoy them as they are!

# Tips for Variations and Muffin Storage

## Flavor Variations for Muffins

**Fruit Muffins** Add 1 cup of fresh or frozen fruit like blueberries, raspberries, diced apples, or chopped peaches. Toss the fruit in 1 tablespoon of flour before mixing to prevent them from sinking.

**Chocolate Muffins** Fold in 1/2 cup of chocolate chips or chunks. Add 2 tablespoons of cocoa powder to the dry ingredients for a double chocolate version.

**Cinnamon Swirl Muffins** Mix 1/4 cup sugar with 1 teaspoon cinnamon. Spoon half the batter into the cups, sprinkle with the cinnamon-sugar mix, then top with the remaining batter. Swirl lightly with a toothpick.

**Lemon Poppy Seed Muffins** Add 2 tablespoons of poppy seeds and the zest of 1 lemon to the batter. Substitute 1/4 cup of the milk with freshly squeezed lemon juice.

**Banana Nut Muffins** Replace the milk with 1 cup of mashed ripe bananas. Stir in 1/2 cup of chopped nuts (walnuts or pecans work well).

**Savory Muffins** Omit the sugar and vanilla extract. Add 1/2 cup shredded cheese, 1/4 cup chopped cooked bacon or ham, and a pinch of dried herbs.

## Tips for Storage

**At Room Temperature** Store cooled muffins in an airtight container lined with a paper towel to absorb moisture. Keep them at room temperature for up to 3 days. **Refrigeration** For longer freshness, store muffins in an airtight container in the fridge. Warm them in the microwave for 10–15 seconds before serving. **Freezing Muffins** Wrap each muffin in plastic wrap or aluminum foil and place them in a freezer-safe bag or container. To thaw, leave at room temperature for a few hours or warm in the microwave for about 30 seconds. **Freezer Shelf Life:** Up to 3 months.





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