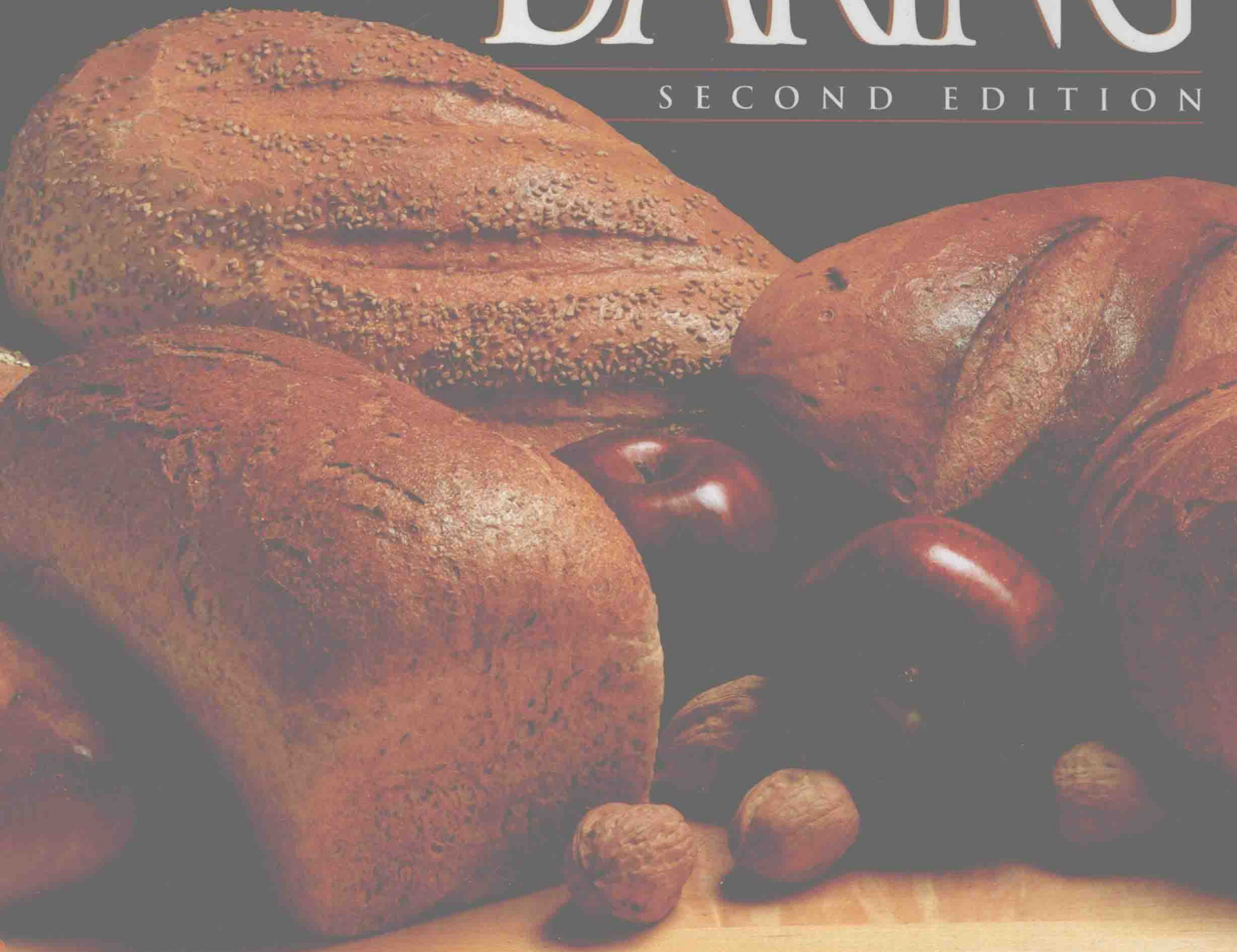


# *Professional* BAKING

SECOND EDITION



WAYNE GISSLEN



# PROFESSIONAL BAKING

Second Edition

Wayne Gisslen



John Wiley & Sons, Inc.

New York ■ Chichester ■ Brisbane ■ Toronto ■ Singapore

Associate Publisher: Thomas Woll  
Senior Editor: Claire Thompson  
Associate Managing Editor: Jacqueline A. Martin  
Editorial Production: Publication Services  
Photography: Jim Smith  
Illustrations: Steve Jenkins

This text is printed on acid-free paper.

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***Library of Congress Cataloging-in-Publication Data:***

Gisslen, Wayne

Professional baking / by Wayne Gisslen. — 2nd ed.

p. cm.

Includes bibliographical references and index.

ISBN 0-471-59509-8 (cloth-college). — ISBN 0-471-59508-X (cloth-trade).

1. Baking. 2. Food presentation. I. Title.

TX763.G47 1993

641.71—dc20

93-12377  
CIP

Printed in the United States of America

20 19 18 17 16 15 14 13 12

# PROFESSIONAL BAKING

*This Book is Dedicated to My Parents*



# PREFACE

This revised edition of *Professional Baking* retains virtually all the material from the successful first edition while incorporating new material that reflects modern practices of the pastry chef's art and helps to make the text more up-to-date. Perhaps the most important of these new additions is the section on dessert presentation in Chapter 14. Accomplished pastry cooks not only want to prepare all the classic doughs, batters, creams, icings, fillings, and confections, and to assemble a variety of cakes and pastries; they also want to plate and serve stylish and imaginative desserts. This new section draws on the techniques and formulas presented throughout the book to show the reader how to create and present attractive desserts. New color photographs illustrate some specific examples.

New material included in this edition includes an expanded section on frozen desserts, with recipes for various ice creams and sorbets, as well as new recipes for various tarts, pie fillings, fruit desserts, cookies, crème brûlée, and chocolate desserts.

These additions are intended to enhance the usefulness of a basic baking and pastry text. The purpose of this book is to teach the fundamental principles and procedures for preparing baked goods, pastries, and desserts. With its attention to both theory and practice, it is designed as a primary text for use in colleges and vocational-technical schools, for baking courses within broader food service curricula, and for on-the-job training programs. It will also be valuable as a manual and handbook for cooks and bakers.

The methods and procedures covered in this book are primarily those of small bakeshops and food service organizations. The emphasis is on producing high-quality, handcrafted items. Development of manual skills is stressed. Such skills are a valuable asset even to students who eventually move on to more industrialized,

automated production, as is found in large commercial bakeries.

Bakeshops, restaurants, hotels, and institutional facilities that offer their customers high-quality, homemade baked goods and desserts have a distinct advantage over their competition. Premium-quality items draw repeat customers and contribute to the total profitability of an operation. In a restaurant, for example, the dinner rolls or bread may be the first foods a customer tastes, and the dessert puts the finishing touch on the meal. Thus, the impressions they create are very important. For this reason, a restaurant may choose to do its own baking rather than purchase such goods from an outside source, so that it can put its own distinctive stamp of quality on these parts of the meal.

In order to produce baked goods that will set an operation apart from the run-of-the-mill, careful attention must be paid to the selection of ingredients, proper mixing and baking techniques, careful makeup and assembly, and the decoration and presentation of the finished goods. The goal of this book is to provide students with a solid theoretical and practical foundation in quality baking practices so that, after sufficient practice and experience, their performance meets these requirements.

The focus of this text is two fold: understanding and performing. To be successful in their careers, students must master a set of marketable skills. That is, they must be able to perform and produce. Thus, a major portion of the text is devoted to step-by-step procedures and production techniques. Makeup methods are explained and illustrated. A broad range of recipes and formulas reinforce the basic techniques.

At the same time, the text's practical material is supported by a systematic presentation of basic theory and ingredient information. In other words, students learn not only what techniques work but why they work.

## THE ORGANIZATION OF THE TEXT

Two factors strongly influence the arrangement and organization of this book. The first is the dual emphasis already mentioned—the emphasis on both understanding and performing. It is not enough merely to present students with a collection of recipes, nor is it enough to give them only a summary of baking theory and principles. They must be presented together, and the connections between them must be clear. Thus, when students practice preparing specific items, their study of theory helps them to understand what they are doing, why they are doing it, and how to get the best results. At the same time, each recipe they prepare helps to reinforce their understanding of the basic principles so that knowledge builds upon knowledge.

The second factor is that most of a baker's activities fall naturally into two categories: (1) mixing, baking, and/or cooking doughs, batters, fillings, creams, and icings, and (2) assembling these elements (for example, baked cake layers, fillings, and icings) into finished pieces. The first category of tasks requires careful selection of ingredients, accurate measurements, and close attention to mixing and baking procedures. Naturally, most of the detailed guidelines and procedures in this book are devoted to these kinds of tasks. The second category, assembly of pre-prepared components, is not so much a matter of scientific accuracy as it is of manual skills and artistic abilities.

This division of tasks is so well known to the practicing baker that it is usually taken for granted. Consequently, it is often neglected in written materials. As far as possible, the arrangement of subjects in this text reflects the working practices of bakeshops and kitchens. In a typical facility, operations such as mixing pie doughs, cooking fillings, preparing icings, and mixing and baking cake layers are done separately and in advance. Then, depending on demand, finished products can be assembled quickly. In this book, procedures for mixing and baking cakes, for example, are discussed separately from the procedures for assembling, icing, and decorating them. These are very different techniques, and it is helpful for students to approach them in a realistic context. Similarly, basic creams and icings are fundamental elements required for making a wide range of pastries, cakes, and other desserts; hence, they are treated early in the text.

Although the arrangement of chapters represents a logical grouping of products and procedures, it is not intended to dictate the order in which each instructor should teach the units. Every curriculum has different requirements and constraints, so that the sequence of

instruction varies from school to school and instructor to instructor. The arrangement of material in this text is designed to encourage flexibility. Of course, baking techniques are highly interdependent; frequent cross-references help students understand these connections.

An important element in the text is the participation of the instructor, whose ideas and professional experience are invaluable. There is no substitute for firsthand seeing and doing, under the guidance and supervision of experienced instructors. Baking is an art as much as a skill, and there are many points on which bakers and pastry chefs differ in their preferences. The text frequently explains possible variations in theory and procedure, and students are encouraged to consult the instructor for the techniques he or she prefers. Throughout the book, the instructor's input is encouraged. Exposure to a variety of formulas and techniques can only enrich the students' education and enhance the flexibility of their skills.

The text is designed for readability and practicality. Discussions of baking theory are presented in easy-to-read, point-by-point explanations. Techniques and makeup methods are detailed in concise yet complete step-by-step procedures. The format emphasizes and highlights key points in bold type, italics, and numbered sequences, so that basic information can be located and reviewed at a glance.

## THE RECIPES

Approximately 400 formulas and recipes are included for the most popular breads, cakes, pastries, and desserts. These recipes are not selected at random, merely for the sake of having recipes in the book. Rather, they are carefully chosen and developed to teach and reinforce the techniques the students are learning and to strengthen their understanding of basic principles. The goal is that the students will understand and use not only the formulas in this book but any formula they encounter.

The recipes in this book are instructional recipes. That is, their purpose is not merely to give directions for producing baked goods, but to provide an opportunity to practice, with specific ingredients, the general principles being studied. Directions within recipes are often abbreviated. For example, instead of spelling out the straight dough method for breads in detail for each dough mixed in this way, this book refers the student to the preceding discussion of the procedure. By thinking and reviewing, the students derive a stronger learning experience from their lab work.

Many recipes are followed by variations. These are actually whole recipes, given in very abbreviated terms. This encourages students to see the similarities and differences among preparations. For example, there seems little point in giving a recipe for cream pie filling in the pie chapter, a recipe for custard filling for éclairs and napoleons in a pastry chapter, and separate recipes for each flavor of cream pudding in a pudding chapter, and never point out that these are all basically the same preparation. Skill as a baker depends on understanding and being able to exercise judgment, not just on following recipes. The ability to exercise judgment is essential in all branches of cookery, but especially in baking,

where the smallest variation in procedures can produce significant changes in the baked product. The recipes in this text will help students develop judgment by requiring them to think about the relationships between general procedures and specific products.

Students are encouraged to study Chapter 1 before actually proceeding with any of the recipes. The first section of Chapter 1 explains the principles of measurement, the various formats used for the recipes in this book, the techniques for converting yield, and the usage of U.S. and metric measurements and baker's percentages.





# ACKNOWLEDGMENTS

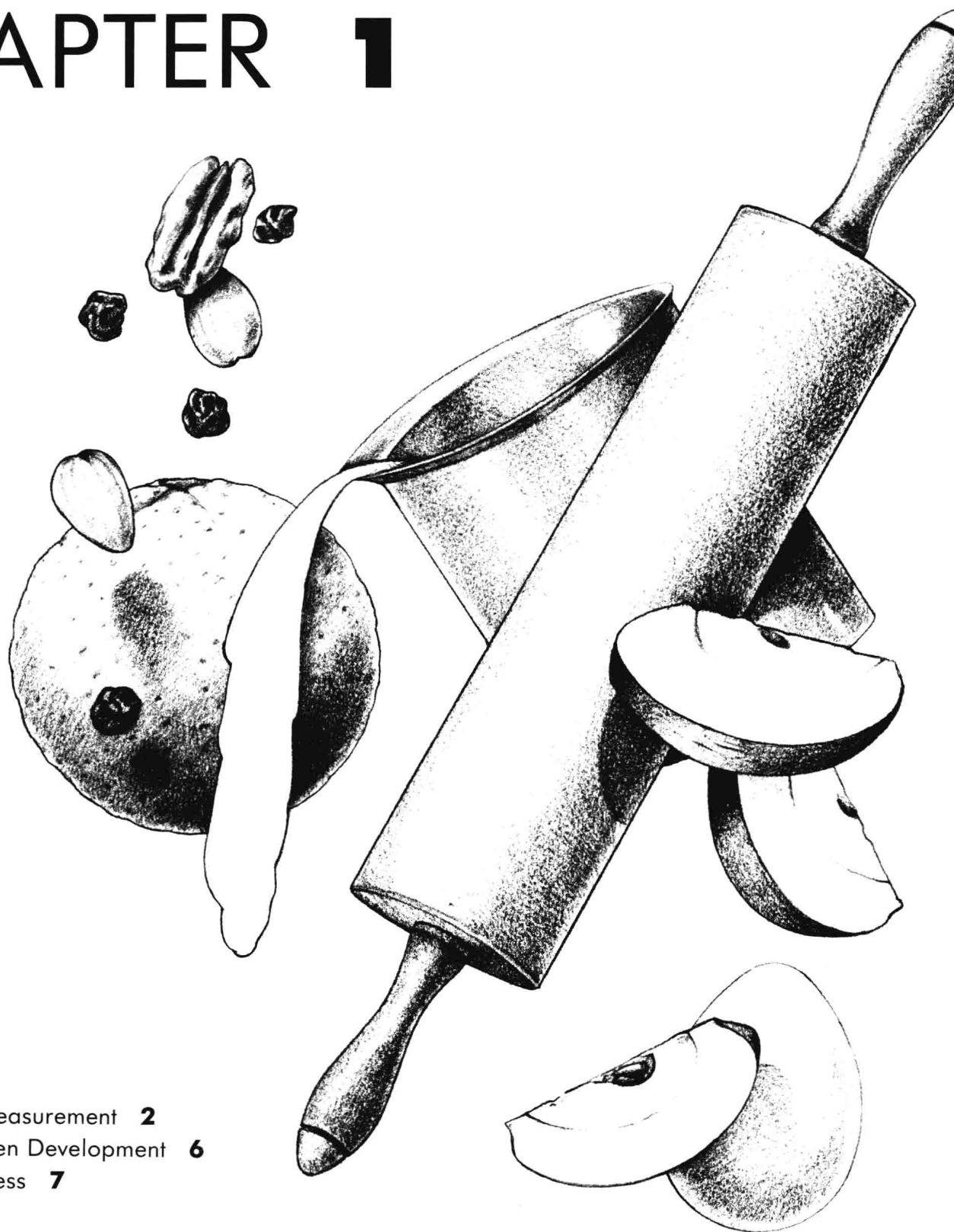
I wish to thank the many individuals who have contributed their thoughts and expertise to help make this book more useful and accurate. I am especially grateful to the following individuals who reviewed the manuscript and offered their criticism and suggestions: John R. Farris, Lansing Community College, Lansing, Michigan; Robert J. Galloway, Dunwoody Industrial Institute, Minneapolis, Minnesota; Jean Hassell, Youngstown State University, Youngstown, Ohio; Iris A. Helveston, State Department of Education, Tallahassee, Florida; Mike Jung, Hennepin Technical College, North Campus, Brooklyn Park, Minnesota; Fred LeMeisz, St. Petersburg Vocational Technical Institute, St. Petersburg, Florida; Valeria S. Mason, State Department of Education, Gainesville, Florida; Philip Panzarino, New York City Technical College, Brooklyn, New York;

Richard Petrello, Withlacoochee Vocational–Technical Center, Inverness, Florida; Patrick Sweeney, Johnson County Community College, Overland Park, Kansas; F. H. Waskey, University of Houston, Houston, Texas; J. William White, Pinellas County School System, St. Petersburg, Florida; and Ronald Zabkiewicz, South Technical Education Center, Boynton Beach, Florida.

Thanks are also due to Jim Smith for his fine photography, to Steve Jenkins for his excellent drawings, to Emanuel Darmanin and the staff of Vallette Pastry Corporation for providing some masterfully decorated cakes for this book's illustrations, to my wife Mary Ellen Griffin for her sharp, critical judgment and her moral support, and to the staff at John Wiley for their creativity, patience, and hard work.

# PROFESSIONAL BAKING

# CHAPTER 1



Formulas and Measurement 2  
Mixing and Gluten Development 6  
The Baking Process 7  
Staling 8



# CONTENTS

<b>Chapter 1 Basic Principles</b>	<b>1</b>	Sourdough Formulas	51
Formulas and Measurement	2	Sweet Dough and Rich Dough Formulas	54
Mixing and Gluten Development	6	Rolled-in Dough Formulas	58
The Baking Process	7	Fillings and Toppings	61
Staling	8	Makeup Techniques	66
 <b>Chapter 2 Ingredients</b>	 <b>11</b>	 <b>Chapter 5 Quick Breads</b>	 <b>85</b>
Wheat Flour	12	Mixing and Production Methods	86
Other Flours, Meals, and Starches	13	Formulas	88
Sugars	14	 <b>Chapter 6 Doughnuts, Fritters,</b>	
Fats	16	<b>Pancakes, and Waffles</b>	<b>99</b>
Milk and Milk Products	18	Doughnuts	100
Eggs	21	Fritters	104
Leavening Agents	23	Pancakes and Waffles	106
Fruits and Nuts	24	 <b>Chapter 7 Basic Syrups, Creams,</b>	
Chocolate and Cocoa	26	<b>Icings, and Sauces</b>	<b>113</b>
Salt, Spices, and Flavorings	28	Sugar Cooking	114
 <b>Chapter 3 Understanding Yeast</b>		Basic Creams	115
<b>Doughs</b>	<b>31</b>	Icings	123
Yeast Product Types	32	Dessert Sauces	131
Steps in Yeast Dough Production	32	 <b>Chapter 8 Pastries</b>	<b>139</b>
Types of Dough-Making Processes	37	Pie Doughs and Short Pastry	140
Controlling Fermentation	38	Tarts and Tartlets	144
Bread Faults and Their Causes	40	Puff Pastry	151
 <b>Chapter 4 Yeast Dough Formulas</b>		Éclair Paste	160
<b>and Techniques</b>	<b>43</b>	Strudel and Phyllo	163
Crisp-Crusted Bread Formulas	44	Baked Meringues	168
Soft-Crusted Bread and Rye Bread Formulas	46		

<b>Chapter 9 Pies</b>	<b>173</b>	Soufflés	302
Assembly and Baking	174	Frozen Desserts	304
Fillings	176		
Pie Faults and Their Causes	194	<b>Chapter 14 Fruit Desserts and Dessert Presentation</b>	<b>319</b>
<b>Chapter 10 Cake Mixing and Baking</b>	<b>197</b>	Traditional Fruit Desserts	320
Mixing	198	Dessert Presentation	326
Cake Formula Balance	203		
Scaling, Panning, and Baking	205	<b>Chapter 15 Decorative Work and Display Pieces</b>	<b>337</b>
Altitude Adjustments	207	Chocolate	338
Formulas	209	Marzipan	341
		Pastillage	343
<b>Chapter 11 Assembling and Decorating Cakes</b>	<b>225</b>	Nougat	344
Assembling and Icing Simple Cakes	226	Boiled Sugar Work	345
Basic Decorating Techniques	229		
European-Style Cakes	240	<b>Appendix 1 Metric Conversion Factors</b>	<b>351</b>
		<b>Appendix 2 Decimal Equivalents of Common Fractions</b>	<b>353</b>
<b>Chapter 12 Cookies</b>	<b>253</b>	<b>Appendix 3 Approximate Volume Equivalents of Dry Foods</b>	<b>355</b>
Cookie Characteristics and Their Causes	254	<b>Appendix 4 Temperature Calculations for Yeast Doughs</b>	<b>357</b>
Mixing Methods	254	<b>Appendix 5 Equipment Checklist</b>	<b>359</b>
Types and Makeup Methods	255		
Panning, Baking, and Cooling	257	<b>Bibliography</b>	<b>363</b>
Petits Fours Secs	258	<b>Glossary</b>	<b>365</b>
Formulas	259	<b>Index</b>	<b>371</b>
<b>Chapter 13 Custards, Puddings, Mousses, and Frozen Desserts</b>	<b>281</b>		
Custards and Puddings	282		
Bavarians and Mousses	294		



# RECIPES

<b>Hard Rolls</b>	<b>44</b>	<b>Kugelhupf</b>	<b>56</b>
<b>Vienna Bread</b>	<b>44</b>	<b>Baba/Savarin Dough</b>	<b>57</b>
<b>Italian Bread</b>	<b>45</b>	<b>Brioche</b>	<b>58</b>
<b>French Bread</b>	<b>45</b>	<b>Croissants</b>	<b>60</b>
Whole Wheat French and Italian Breads	45	<b>Danish Pastry</b>	<b>60</b>
Pizza	45	<b>Cinnamon Sugar</b>	<b>61</b>
<b>French Bread (Sponge)</b>	<b>46</b>	<b>Streusel or Crumb Topping</b>	<b>61</b>
Country-Style French Bread	46	Nut Streusel	61
<b>White Pan Bread</b>	<b>47</b>	<b>Clear Glaze</b>	<b>61</b>
Whole Wheat Bread	47	<b>Date, Prune, or Apricot Filling</b>	<b>62</b>
<b>White Bread (Sponge)</b>	<b>47</b>	<b>Almond Filling I (Frangipane)</b>	<b>62</b>
<b>Soft Rolls</b>	<b>48</b>	<b>Almond Filling II (Frangipane)</b>	<b>63</b>
<b>Egg Rolls and Bread</b>	<b>48</b>	<b>Almond Filling III (Frangipane)</b>	<b>63</b>
Raisin Bread	48	<b>Lemon Filling</b>	<b>63</b>
Cinnamon Bread	48	<b>Cheese Filling</b>	<b>64</b>
<b>100% Whole Wheat Bread</b>	<b>48</b>	<b>Hazelnut Filling</b>	<b>64</b>
<b>Challah</b>	<b>49</b>	<b>Poppy Seed Filling</b>	<b>65</b>
<b>English Muffins</b>	<b>49</b>	<b>Chocolate Filling</b>	<b>65</b>
<b>Light American Rye Bread and Rolls</b>	<b>50</b>	<b>Honey Pan Glaze (for Caramel Rolls)</b>	<b>66</b>
<b>Water Bagels</b>	<b>50</b>	<b>Biscuits</b>	<b>88</b>
<b>Onion Rye</b>	<b>51</b>	Buttermilk Biscuits	88
Onion Pumpernickel (Non-Sour)	51	Cheese Biscuits	88
<b>Sour I</b>	<b>52</b>	Currant Biscuits	88
<b>Sour II</b>	<b>52</b>	Herb Biscuits	88
<b>Sour Rye</b>	<b>53</b>	<b>Biscuits (Creaming Method)</b>	<b>89</b>
Sourdough White Bread	53	<b>Corn Bread, Muffins, or Sticks</b>	<b>89</b>
<b>Pumpernickel</b>	<b>53</b>	<b>Plain Muffins</b>	<b>90</b>
<b>American Rye II</b>	<b>54</b>	Raisin Spice Muffins	90
<b>Sweet Roll Dough</b>	<b>54</b>	Blueberry Muffins	90
<b>Rich Sweet Dough</b>	<b>55</b>	Whole Wheat Muffins	90
Stollen	55	Corn Muffins	90
Babka	56	Corn Cheese Muffins	90
		Bran Muffins	91
		Crumb Coffee Cake	91

<b>Zucchini Carrot Nut Muffins</b>	<b>91</b>	<b>Vanilla Pastry Cream</b>	<b>120</b>
<b>Muffins (Creaming Method)</b>	<b>92</b>	Deluxe Pastry Cream	121
Chocolate Chip Muffins	92	Pastry Cream Mousseline	121
Blueberry Muffins	92	Chocolate Pastry Cream	121
Raisin Spice Muffins	92	Coffee Pastry Cream	121
<b>Scones</b>	<b>93</b>	Crème St-Honoré	121
<b>Steamed Brown Bread</b>	<b>93</b>	<b>Ganache</b>	<b>122</b>
<b>Orange Nut Bread</b>	<b>94</b>	<b>Chocolate Mousse I</b>	<b>123</b>
Lemon Nut Bread	94	<b>Fondant</b>	<b>124</b>
<b>Banana Bread</b>	<b>94</b>	<b>French Buttercream</b>	<b>126</b>
<b>Date Nut Bread</b>	<b>95</b>	<b>Simple Buttercream</b>	<b>126</b>
Fruit Nut Bread Variations	95	Simple Buttercream with Egg Yolks	
<b>Soda Bread</b>	<b>96</b>	or Whole Eggs	127
<b>Popovers</b>	<b>96</b>	Decorator's Buttercream or Rose Paste	127
<b>Old-Fashioned Gingerbread</b>	<b>97</b>	Cream Cheese Icing	127
<b>Pain d'Épices</b>	<b>97</b>	<b>Meringue-Type Buttercream</b>	<b>127</b>
<b>Yeast-Raised Doughnuts</b>	<b>101</b>	Plain Boiled Icing	127
<b>Cake Doughnuts</b>	<b>103</b>	Marshmallow Icing	128
<b>Chocolate Cake Doughnuts</b>	<b>103</b>	Chocolate Foam Icing	128
<b>Doughnut Glaze</b>	<b>104</b>	<b>Cocoa Fudge Icing</b>	<b>128</b>
Honey Glaze	104	Vanilla Fudge Icing	128
<b>Fritter Batter I</b>	<b>105</b>	<b>Caramel Fudge Icing</b>	<b>129</b>
<b>Fritter Batter II</b>	<b>106</b>	<b>Quick White Fudge Icing I</b>	<b>129</b>
<b>Pancakes</b>	<b>107</b>	Quick Chocolate Fudge Icing	129
<b>Waffles</b>	<b>107</b>	<b>Quick Fudge Icing II</b>	<b>130</b>
Buttermilk Pancakes and Waffles	108	<b>Flat Icing</b>	<b>131</b>
<b>Gaufres (French Waffles)</b>	<b>108</b>	<b>Chocolate Sauce I</b>	<b>132</b>
<b>Crêpes</b>	<b>109</b>	<b>Chocolate Sauce II</b>	<b>133</b>
Crêpes Normande	110	<b>Melba Sauce</b>	<b>133</b>
Banana Crêpes	110	Raspberry Sauce	133
Crêpes with Jam	110	<b>Caramel Sauce</b>	<b>134</b>
Glazed Crêpes	110	Hot Caramel Sauce	134
Crêpes Frangipane	110	Clear Caramel Sauce	134
Crêpes Suzette	110	Butterscotch Sauce	134
<b>Simple Syrup</b>	<b>115</b>	<b>Sabayon</b>	<b>135</b>
<b>Dessert Syrup</b>	<b>115</b>	Cold Sabayon	135
<b>Whipped Cream</b>	<b>115</b>	Zabaglione	135
Stabilized Whipped Cream	116	<b>Cream Sauce for Piping</b>	<b>136</b>
Chocolate Whipped Cream	116	<b>Hard Sauce</b>	<b>136</b>
<b>Common Meringue</b>	<b>117</b>	<b>Flaky Pie Dough</b>	<b>142</b>
Chocolate Meringue	117	<b>Mealy Pie Dough</b>	<b>142</b>
<b>Swiss Meringue</b>	<b>118</b>	<b>Enriched Pie Pastry</b>	<b>142</b>
<b>Italian Meringue</b>	<b>118</b>	<b>Short Dough (Sugar Dough)</b>	<b>143</b>
<b>Vanilla Custard Sauce (Crème</b>		<b>Almond Short Dough</b>	<b>143</b>
<b>Anglaise)</b>	<b>119</b>	Linzer Dough	143
Chocolate Custard Sauce	119	<b>Graham Cracker Crust</b>	<b>144</b>
Coffee Custard Sauce	119		

<b>Apple Tart</b>	<b>147</b>	Chocolate Cream Pie Filling I	188
Apple Custard Tart	147	Chocolate Cream Pie Filling II	189
Plum, Apricot, Cherry, or Peach Tart	147	Butterscotch Cream Pie Filling	189
<b>Pear Almond Tart</b>	<b>148</b>	Lemon Pie Filling	189
Fruit Tart with Pastry Cream	148	<b>Strawberry Chiffon Pie Filling</b>	<b>191</b>
Frangipane Tart	148	Strawberry Cream Chiffon Pie Filling	191
<b>Lemon Tart</b>	<b>149</b>	Raspberry Chiffon Pie Filling	191
<b>Chocolate Tart</b>	<b>149</b>	Pineapple Chiffon Pie Filling	191
<b>Tart Tatin</b>	<b>150</b>	<b>Chocolate Chiffon Pie Filling</b>	<b>192</b>
<b>Linzertorte</b>	<b>151</b>	Chocolate Cream Chiffon Pie Filling	192
<b>Puff Pastry</b>	<b>152</b>	<b>Lemon Chiffon Pie Filling</b>	<b>193</b>
<b>Blitz Puff Pastry</b>	<b>154</b>	Lime Chiffon Pie Filling	193
<b>Éclair Paste</b>	<b>161</b>	Orange Chiffon Pie Filling	193
<b>Strudel Dough</b>	<b>163</b>	<b>Pumpkin Chiffon Pie Filling</b>	<b>194</b>
<b>Apple Filling for Strudel</b>	<b>165</b>	Pumpkin Cream Chiffon Pie Filling	194
<b>Cheese Filling for Strudel</b>	<b>166</b>	<b>Chocolate Butter Cake</b>	<b>210</b>
Cream Cheese Filling for Strudel	166	<b>Yellow Butter Cake</b>	<b>210</b>
<b>Baklava</b>	<b>167</b>	Upside-Down Cake	210
<b>Japonaise Meringues</b>	<b>170</b>	Pan Spread Cake	211
<b>Apple Pie Filling (Canned Fruit)</b>	<b>179</b>	Walnut Cake	211
Dutch Apple Pie Filling	179	<b>Brown Sugar Spice Cake</b>	<b>211</b>
Cherry Pie Filling	179	Carrot Nut Cake	211
Peach Pie Filling	180	Banana Cake	211
Pineapple Pie Filling	180	Applesauce Cake	211
<b>Blueberry Pie Filling (Frozen Fruit)</b>	<b>180</b>	<b>Old-Fashioned Pound Cake</b>	<b>212</b>
Apple Pie Filling	181	Raisin Pound Cake	212
Cherry Pie Filling	181	Chocolate Pound Cake	212
<b>Raisin Pie Filling</b>	<b>181</b>	Marble Pound Cake	212
<b>Rhubarb Pie Filling</b>	<b>182</b>	Sheet Cake for Petits Fours and Fancy Pastries	212
Fresh Apple Pie Filling I	182	Fruit Cake	212
Fresh Apple Pie Filling II	182	<b>Almond Cake for Petits Fours</b>	<b>214</b>
Apple Ginger Pie Filling	183	<b>Sacher Mix</b>	<b>214</b>
Apple Pear Pie Filling	183	<b>White Cake</b>	<b>215</b>
Apple Walnut Pie Filling	183	Yellow Cake	215
<b>Old-Fashioned Apple Pie Filling</b>	<b>183</b>	Strawberry Cake	215
<b>Fresh Strawberry Pie Filling</b>	<b>184</b>	Cherry Cake	215
Fresh Blueberry Tart Filling	184	<b>Devil's Food Cake</b>	<b>216</b>
<b>Custard Pie Filling</b>	<b>185</b>	<b>Pound Cake (High-Ratio)</b>	<b>216</b>
Coconut Custard Pie Filling	185	<b>Yellow Chiffon Cake</b>	<b>217</b>
<b>Pumpkin Pie Filling</b>	<b>186</b>	Chocolate Chiffon Cake	217
Sweet Potato Pie Filling	186	Orange Chiffon Cake	217
Squash Pie Filling	186	<b>Sponge Roll I (Swiss Roll)</b>	<b>218</b>
<b>Pecan Pie Filling</b>	<b>187</b>	Chocolate Sponge Roll I (Chocolate Swiss	
<b>Vanilla Cream Pie Filling</b>	<b>188</b>	Roll)	218
Coconut Cream Pie Filling	188	Dobos Mix	218
Banana Cream Pie Filling	188		



<b>Genoise (Butter Sponge)</b>	<b>219</b>	<b>Almond Macaroons</b>	<b>273</b>
Chocolate Genoise	219	Amaretti	273
Sponge for Seven-Layer Cake	219	<b>Madeleines</b>	<b>273</b>
Almond Sponge I	219	<b>Chocolate Macaroons</b>	<b>274</b>
Almond Sponge II	219	<b>Coconut Macaroons (Chewy Type)</b>	<b>274</b>
Sponge Roll II	219	Chocolate Macaroons	274
Chocolate Sponge Roll II	219	<b>Almond Tuilies</b>	<b>275</b>
<b>Jelly Roll Sponge</b>	<b>220</b>	<b>Nut Squares</b>	<b>275</b>
<b>Milk and Butter Sponge</b>	<b>220</b>	<b>Swiss Leckerli</b>	<b>276</b>
<b>Angel Food Cake</b>	<b>221</b>	<b>Brownies</b>	<b>277</b>
Chocolate Angel Food Cake	221	<b>Florentines</b>	<b>278</b>
Coconut Macaroon Cupcakes	221	<b>Raisin Spice Bars</b>	<b>278</b>
<b>Chocolate Fudge Cake</b>	<b>222</b>	<b>Biscotti</b>	<b>279</b>
Chocolate Surprise Cake	222	<b>Blanc Mange English-Style</b>	<b>283</b>
<b>Icebox Cookies</b>	<b>259</b>	<b>Baked Custard</b>	<b>285</b>
Butterscotch Icebox Cookies	259	Crème Caramel	285
Nut Icebox Cookies	259	Vanilla Pots de Crème	285
Chocolate Icebox Cookies	259	Chocolate Pots de Crème	285
Fancy Icebox Cookies	260	<b>Crème Brûlée</b>	<b>286</b>
<b>Oatmeal Raisin Cookies</b>	<b>262</b>	Raspberry or Blueberry Crème Brûlée	286
<b>Chocolate Chip Cookies</b>	<b>262</b>	Raspberry Passion Fruit Crème Brûlée	286
Brown Sugar Nut Cookies	263	<b>Bread and Butter Pudding</b>	<b>287</b>
<b>Sugar Cookies</b>	<b>263</b>	Brandy or Whiskey Bread Pudding	287
Brown Sugar Rolled Cookies	263	Cabinet Pudding	287
Chocolate Rolled Cookies	263	<b>Rice Pudding</b>	<b>288</b>
<b>Almond Slices</b>	<b>264</b>	Raisin Rice Pudding	289
<b>Rich Shortbread</b>	<b>264</b>	Rice Condé	289
<b>Basic Short Dough for Cookies</b>	<b>265</b>	Tapioca Pudding	289
Jam Tarts	265	<b>Cream Cheesecake</b>	<b>290</b>
Almond Crescents	265	Cheesecake with Baker's Cheese	291
<b>Peanut Butter Cookies</b>	<b>266</b>	French Cheesecake	291
<b>Cinnamon Cookies</b>	<b>266</b>	<b>Christmas Pudding</b>	<b>292</b>
Chocolate Cinnamon Cookies	266	<b>Steamed Blueberry Pudding</b>	<b>293</b>
<b>Nut Cookies</b>	<b>267</b>	Steamed Raisin Spice Pudding	293
<b>Speculaas</b>	<b>267</b>	<b>Steamed Chocolate Almond Pudding</b>	<b>294</b>
<b>Butter Tea Cookies</b>	<b>268</b>	<b>Vanilla Bavarian Cream</b>	<b>296</b>
Fancy Tea Cookies	268	Chocolate Bavarian Cream	296
Sandwich-Type Cookies	268	White Chocolate Bavarian Cream	296
Chocolate Tea Cookies	268	Coffee Bavarian Cream	296
<b>Gingerbread Cookies</b>	<b>269</b>	Strawberry Bavarian Cream	296
<b>Gingersnaps</b>	<b>269</b>	Raspberry Bavarian Cream	297
<b>Spritz Cookies</b>	<b>270</b>	Liqueur Bavarian Cream	297
<b>Tulipes</b>	<b>270</b>	Praline Bavarian Cream	297
<b>Lemon Cookies</b>	<b>271</b>	Diplomat Bavarian Cream	297
Lime Cookies	271	Orange Bavarian Cream	297
<b>Langues-de-Chat</b>	<b>271</b>	Charlotte Russe	297
<b>Ladyfingers</b>	<b>272</b>	Charlotte Royale	297
<b>Coconut Macaroons (Meringue Type)</b>	<b>272</b>	<b>Fruit Bavarian</b>	<b>298</b>
		<b>Rice Impératrice</b>	<b>298</b>