

GUIDE TO COOKING AT HIGH ALTITUDE

If you are living at an altitude of 3,000 feet or over, it may be that you will have to make adjustments in some of your favorite recipes to assure the excellent results. In making these adjustments, the following data should be of help.

Deep Fat Frying At High Altitude

	<u>Fat Thermometer Reading</u>	<u>Cooking Time</u>
Croquettes	360°-365° F.	1 - 2 min.
Doughnuts	350°-355° F.	3 min.
Fritters	360°-370° F.	3 - 4 min.
Potatoes:		
" French fries	330°-340° F.	10 -12 min.
" Shoestring	350°-360° F.	4 - 5 min.
Fish fillets, etc.	365°-370° F.	6 - 7 min.
Scallops	360°-365° F.	3 - 5 min.

Candy Cookery At High Altitude

<u>At Sea Level</u>	<u>At 7,200 Feet Altitude</u>	<u>Cold Water Test</u>
236°-242° F.	219°-225° F.	Thread or Soft ball
248°-248° F.	231°-237° F.	Firm ball
248°-254° F.	243°-246° F.	Hard ball
260°-275° F.	248°-284° F.	Crack
289°-295° F.	275°-281° F.	Hard crack
300° F.	286° F.	Caramel

CAKE RECIPE ADJUSTMENTS AT HIGH ALTITUDE

	<u>3,000 feet</u>	<u>5,000 feet</u>	<u>7,000 feet</u>
Reduce Baking Powder For each teaspoon, decrease	1/8 teasp.	1/8 to 1/4 teasp.	1/4 teasp.
Reduce Sugar For each cup, decrease	1 tablesp.	1 to 2 tablesp.	2 to 3 tablesp.
Increase Liquid For each cup, add	1 to 2 tablesp.	2 to 4 tablesp.	3 to 4 tablesp.
Increase Flour For each cup, add	-----	-----	-----

With cupcakes and layer cakes. A 10 to 15 degree increase in baking temperature may give better results.

In making very rich cakes. It is sometimes necessary to reduce the shortening by 1 or 2 tablesp. Recipes calling for soda may require a very slight reduction of this leavening.

With sponge, angel food and chiffon cakes. Eggs will require less beating; if overbeaten cake will be dry. The number of eggs may be increased. Baking temperatures are increased slightly -- 10 to 15 degrees -- for each 5,000 feet altitude increase.

Self-rising flour is not recommended for making cakes in altitudes over 3,500 feet. However, it is still very satisfactory for biscuits and biscuit-type quick breads.

Many cake mixes carry label directions for adjusting them to high altitudes.

YEAST BREADS AT HIGH ALTITUDE

Yeast breads require little adjustment. At higher altitudes, the rising time may be reduced. Oven temperatures should be increased slightly -- from 10 to 15° F. Loaves of bread should be baked at 425° F. (higher than normal temperature) for the first 10 to 15 min. of baking time, then baked at the normal temperature which your baking recipe calls for, for the remaining baking period.

COOKIES AND PASTRY AT HIGH ALTITUDE

These should require little or no adjustment.