

# Activity Idea

## Science of Baking *Recommended for Adults*

Are you using your time at home to learn how to bake? Already a lifelong baker, but interested in the chemistry behind your cake? While cooking can allow you to completely improvise a recipe, baking is a science! Did you know there are five main ingredients in every type of cake: flour, sugar, eggs, butter, and a leavening agent (yeast or baking soda)? Each ingredient is important to create specific chemical reactions to make that perfect cake! Here are some resources to get you started on your scientific and delicious journey.

### **Books:**

*I'm Just Here for More Food: Food x Mixing + Heat = Baking* by Alton Brown on Hoopla [tinyurl.com/rkngn2f](https://tinyurl.com/rkngn2f)

*How to Bake Everything: Simple Recipes for the Best Baking* by Mark Bittman on OverDrive [tinyurl.com/r43or36](https://tinyurl.com/r43or36) and Hoopla [tinyurl.com/svmxg7m](https://tinyurl.com/svmxg7m)

*Flour: Spectacular Recipes from Boston's Flour Bakery + Café* by Joanne Chang on OverDrive [tinyurl.com/uctv8gw](https://tinyurl.com/uctv8gw)

*The Great British Bake Off How to Bake: The Perfect Victoria Sponge and Other Baking Secrets* by Linda Collister on OverDrive [tinyurl.com/reaf7nu](https://tinyurl.com/reaf7nu)

### **Videos:**

*Great British Baking Show* on Hoopla [tinyurl.com/tnfwpzg](https://tinyurl.com/tnfwpzg)

*The Everyday Gourmet: Baking Pastries & Desserts* on Kanopy [tinyurl.com/rbyhm79](https://tinyurl.com/rbyhm79)

*Cake Chemistry: Periodic Table of Videos* from University of Nottingham [tinyurl.com/r9z99j3](https://tinyurl.com/r9z99j3)

*Bakistry: The Science of Sweets* from Harvard University [tinyurl.com/rpnsum3](https://tinyurl.com/rpnsum3)

### **Online Courses:**

Cooking & Baking 101 on Universal Class [tinyurl.com/zqec5sw](https://tinyurl.com/zqec5sw)

Cake Decorating 101 on Universal Class [tinyurl.com/t7uslig](https://tinyurl.com/t7uslig)



Science of Baking Class on Instructables [tinyurl.com/uov9yhe](https://tinyurl.com/uov9yhe)

**Magazines:**

*Bon Appetit* (How to Be a Better Baker, 4.1.20) on RB Digital [tinyurl.com/tx3uszz](https://tinyurl.com/tx3uszz)

*Cook's Country* (Let's Bake, 12.1.19) on RB Digital [tinyurl.com/t2nu5ar](https://tinyurl.com/t2nu5ar)

Checkout our full collection of cooking magazines on RB Digital <http://tinyurl.com/snwhov3>

**Spark an Idea!**

Watch these fun videos together with your family, head into your kitchen and get baking:

*Baking Math* on Kanopy [tinyurl.com/uscrv2s](https://tinyurl.com/uscrv2s)

*Making Stuff: Super Bakery* on Kanopy Kids [tinyurl.com/suadwkp](https://tinyurl.com/suadwkp)

*Let's Make Buttermilk Biscuits* on Kanopy Kids [tinyurl.com/syx427k](https://tinyurl.com/syx427k)