**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

RECIPE: UBC Ponderosa Cake

Yield: large loaf pan Oven Temp:350°F

Baking Time: 35- 40 minutes

**INGREDIENTS:**

65mL \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

85mL Sugar

½ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1mL Vanilla

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ mashed banana (1 large)

60mL \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

185mL \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2.5mL Baking Powder

2.5mL baking Soda

1mL Cinnamon

\_\_\_\_\_\_\_\_\_\_ Brown Sugar

80mL \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**INSTRUCTIONS:**

1. Preheat oven to \_\_\_\_\_\_\_\_\_\_\_\_°F (Conv. Bake) . Prepare and grease a large loaf pan.
2. In a large bowl, cream \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_ together using an electric mixer
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in half with pair in your unit.
4. Add \_\_\_\_\_\_\_\_\_\_, vanilla and 250mL \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to the large bowl. Mix using electric mixer.
5. In a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ bowl, combine flour, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and baking soda.
6. Add dry ingredients and sour cream \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to the creamed margarine mixture, beginning and ending with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Mix until blended after each addition using a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. Place \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ into prepared baking pan and spread evenly
8. Mix cinnamon and brown sugar together. Sprinkle \_\_\_\_\_\_\_\_ on top of the batter than half the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

\*REMINDERS:

1. Create a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ step 8 with the remaining batter, sugar and chocolate chips.
2. Bake for approx. 35 - 40 minutes

**TEST FOR DONENESS:**

Color: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Timer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Toothpick test: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**PERSON A:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**PERSON B:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**LAB DUTIES:**

Dishwasher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Housekeeper: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dish Dryer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Special Duties: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Tray Equipment:

**Questions:**

1. Why do recipes such as this one use sour cream as an ingredient?
2. We are using the **cake method** of mixing. What parts of the recipe method are distinct for this method?
3. A large banana contains \_\_\_\_\_\_\_\_\_\_\_mg of Potassium. I would have to eat approximately \_\_\_\_\_\_\_\_ bananas each day to get the recommended daily value of Potassium. Three other foods rich in potassium are: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Use the Potassium Handout

1. Potassium is an important \_\_\_\_\_\_\_\_\_\_\_\_ that your body needs and is classified as a “\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_” nutrient. Potassium is included on the bottom of the Nutrition facts table along with Calcium and \_\_\_\_\_\_\_\_\_\_\_. The amount of Potassium in a serving is shown in mg and \_\_\_\_\_\_\_\_\_\_\_\_.

1. Potassium regulates the heartbeat, ensures proper function of the muscles and nerves, and is vital for synthesizing protein and metabolizing carbohydrates. What does **synthesizing mean**?
2. Explain how Potassium is necessary for the normal functioning of all cells.
3. A potassium-rich diet keeps you healthy and can prevent many health problems such as: