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

**RECIPE: UBC Ponderosa Cake**

**Yield: large loaf pan**  **Oven Temp:**350°F

**Baking Time: 35- 40 minutes**

**INGREDIENTS:**

65mL Margarine, room temperature

85mL Sugar

½ Egg

1mL Vanilla

250mL mashed banana (1 large)

60mL Sour Cream

185mL Flour

2.5mL Baking Powder

2.5mL baking Soda

1mL Cinnamon

30mL Brown Sugar

80mL Chocolate chip

**INSTRUCTIONS:**

1. Preheat oven to 350°F(Conv. Bake) . Prepare and grease a large loaf pan.
2. In a large bowl, cream margarine and white sugar together using an electric mixer
3. Divide 1 egg in half with pair in your unit.
4. Add half an egg, vanilla and 250mL mashed banana to the large bowl. Mix using electric mixer.
5. In a medium bowl, combine flour, baking powder and baking soda.
6. Add **dry ingredients** and **sour cream** alternately to the creamed margarine mixture, beginning and ending with dry. Mix until blended after each addition using a **silicon spatula.**
7. Place half the mixture into prepared baking pan and spread evenly

**\*REMINDERS:**

- mash and measure banana to ensure you have the correct amount

- share egg with pair in unit

- do no use electric mixer after step #4

- batter is divided so that there is a choc. chip/sugar layer in the middle

1. Mix cinnamon and brown sugar together. Sprinkle half on top of the batter than half the chocolate chips.
2. Create a second layer by repeating step 8 with the remaining batter, sugar and chocolate chips.
3. Bake for approx. 35 - 40 minutes

**TEST FOR DONENESS:**

**Color**: Golden Brown Color **Timer:** 35 - 40minutes

**Toothpick test:** Toothpick inserted into center has no sticky wet batter on it.

Tray Equipment:

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

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

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

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

**LAB DUTIES:**

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

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

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

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

**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: