

## <sup>1</sup>High Altitude Cooking & Baking Tips - 7500 ft-8,000 ft

**Stove Top Cooking** - Everything takes longer to cook since water's boiling temperature is about 194 degrees instead of 212 degrees at sea level.

**Pasta:** Add 3 minutes to cooking time

Spaghetti - boil for 12 minutes

Fettuccine - boil for 15 minutes

**Rice:** Add additional water and boil rice longer.

Example: For 1 cup of rice, use 2 1/2 cups water and boil 30-35 minutes

**Puddings:** Older cornstarch based pudding recipes do NOT work (don't thicken well) at high altitudes. Recommend that you add some of the sugar and cornstarch to the egg yolks and temper the yolks with some of the heated milk. This will make the starch granules work better. Combine the tempered yolks with the heated milk. Cook to the boiling point or as instructed in your recipe. I recommend that you take a look at the "America's Test Kitchen" pudding recipes as they turn out perfectly.

### **Oven Cooking**

**Simmering stews** - Use a lower oven temperature than listed if you need a slow simmer. Remember that the boiling point is lower at high elevations. Experiment with low oven temperatures like 250 - 270 degrees. Since the cooking temperature is lower, your stews will take longer to cook, sometimes up to an hour longer

**Roasts & Roasted Chicken** - No need to change oven temperature or roasting time.

**Oven Baking** - Variations depend upon what you're baking and what type of baking pan you're using. No change in oven temperature is needed if you're using Pyrex glass baking dishes. For metal baking pans, increase oven baking temperature by 25 degrees. That is a general rule to follow.

**Deep Frying:** Lower the frying temperature in recipe by 25 degrees.

### **COOKIES:**

- Increase baking temperature by 25 degrees and decrease the baking time.
- Decrease sugar by 2 Tbsp for each cup called for in the recipe.
- Leave other ingredients the same (except Oatmeal Raisin cookies need a bit more flour).
- For high baking temperatures of 400-425 degrees, only increase the baking temperature by 10-15 degrees & shorten the baking time.
- Use parchment paper to line your cookie sheet.

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<sup>1</sup> Author: Anne MacGregor - 2011

### CANDY:

- Calibrate your thermometer in boiling water and subtract the temperature from 212. That will give you the number of degrees that you must lower the candy making temperatures listed in your recipe.

### PIES:

- Use a Pyrex glass pie plate for best results. You won't have to alter baking times or temperature.
- If using a metal pie plate, increase baking times by 25 degrees.
- Ingredient amounts stay the same.
- Pumpkin pies bake longer at higher elevation. Knife inserted in center is clean when pie is done.

### CAKES:

- Use cold eggs & under beat them
- Reduce baking powder or baking soda amounts by 1/4 tsp for every 1 tsp in recipe.
- Reduce sugar by 2 Tbsp for each cup in recipe.
- Add 1- 2 Tbsp flour for each cup in recipe.
- If using buttermilk or sour cream, add 1 tsp of white vinegar to increase acidity for baking soda to work well.
- For baking temperatures of 350 degrees or lower, increase baking temperature by 25 degrees.
- For higher baking temperatures of 375 degrees or higher, increase baking temperature by only 20 degrees.
- Grease and flour cake pans well. Recommend use of a waxed paper or parchment paper round on bottom & grease & flour it also.
- Increase liquid by 1 Tbsp for each cup in recipe.