

# your high-altitude BAKING CHEAT SHEET

## DOUGH-EYED



I bake at about 5,000 ft. above sea level, and these adjustments are effective for people who live between about 3,000 ft.-7,000 ft. above sea level. Use these tips adjust a sea-level recipe to be high-altitude friendly. If you are higher than 7,000 ft, you may need to take these adjustments a little further, like decreasing leavening a little more, increasing flour a little more, etc.

**Visit [DoughEyed.com](http://DoughEyed.com) for recipes that are already high-altitude friendly, plus more tips!**

### CAKES & QUICK BREAD

**Decrease leavening** (baking soda or powder) by 1/4-1/2 **teaspoon** per teaspoon.

**Increase the flour** by 3-4 **tablespoons** for a single 8-inch layer cake. Multiple this for multiple layer cakes.

**Increase the liquid** by 1-2 **teaspoons**. This can be in the form of liquid already in the recipe like milk, water, or extracts.

**Use powerful ingredients** like fresh baking soda and powder, dutch-processed cocoa powder, real vanilla extract, and salt to ensure great flavors.

**Decrease leavening** (baking soda or powder) by 1/4-1/2 **teaspoon** per teaspoon.

**Increase the flour** by 2 **tablespoons** per cup of flour.

**Increase the liquid** by 1-2 **teaspoons**. This can be in the form of liquid already in the recipe like milk, water, or extracts.

### COOKIES

### YEAST BREAD

**Decrease rise times** as rising can often occur faster at altitude. Shy on the smaller side of a dough that has "doubled in size" to avoid over-proofing. Pay attention to the size of your dough rather than the indicated rise time.

**Knead the dough fully** until it passes the window pane test, this can take up to 20 mins.

**Increase bake time.** Things can often take longer to bake at higher altitudes, so focus on visual cues and internal temp instructions in a recipe.