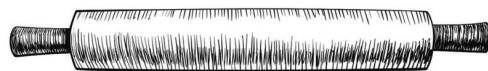


your high-altitude

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 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.