

your high-altitude

HOLIDAY BAKING GUIDE

DOUGH-EYED



Let's have a holiday season full of successful bakes!

Holiday baking can be tough when you live in a high-altitude location, but it doesn't have to be! Here are my best tips and tricks to a great holiday baking season!

Visit DoughEyed.com for recipes that are already high-altitude friendly!

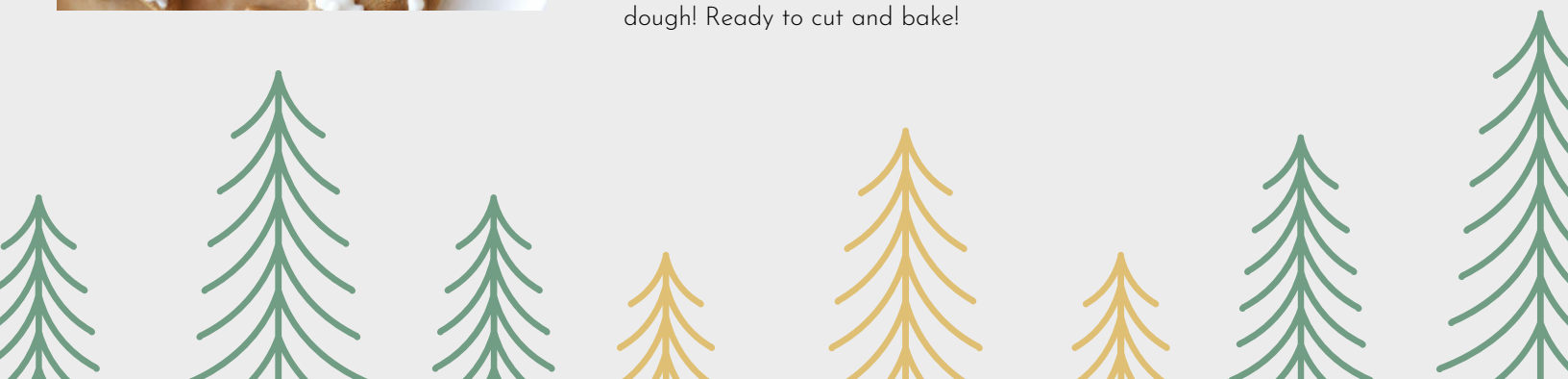
Pies & Pastries

- Pies and pastries are some of the least altitude-affected bakes.
- **Typically for pies, you may need to bake them longer than suggested to ensure that your fillings set and your crust browns- use visual cues instead of time.**
- Instead of chilling your pie dough and then trying to roll out a rock-hard disc, roll out the dough quickly right after preparing it. Then, slide it onto a parchment lined baking sheet and pop it into the fridge. You can even layer multiple crusts by placing parchment between each. Chill thoroughly, and then it's ready to use!
- Don't be afraid to REALLY chill your doughs and crusts. I like to fit my crust into the pie dish, and then pop it in the freezer for 15 minutes before filling and baking!



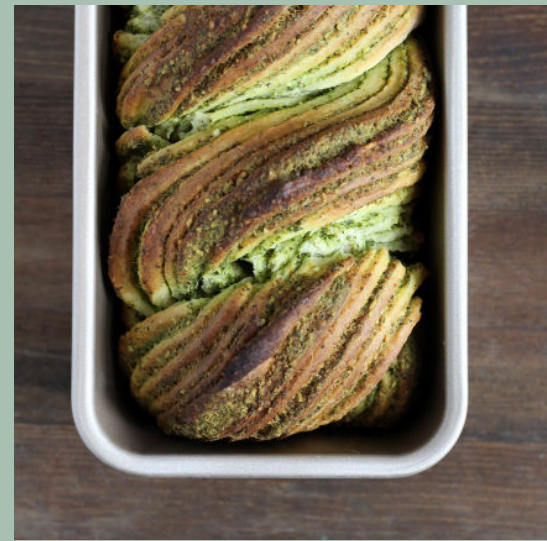
Holiday Cookies

- Cookies are a staple for the holiday season, and you can still enjoy your faves at high-altitude!
- **Most cookies will need two major adjustments- leavening and flour. You want to reduce your leavening by about 25%, whether that is baking powder, baking soda, or both!**
- Increase the flour in traditional cookie recipes by about 5%, which is about 2 tbs to 1/4 cup for most recipes that I've worked with.
- Watch your bake times- again you may find that bake times vary at high-altitude, so watch your cookies rather than the suggested time, and do a test batch of 1 or 2 cookies first! Then you can adjust flour and bake time if needed.
- Similar to pie crust, I love rolling out cookie dough right after mixing, and then sliding the rolled sheets onto cookie sheets lined with parchment. Then you can chill the dough, and you won't have to worry about struggling to roll out hard dough! Ready to cut and bake!



Yeast Bread

- Whether it's dinner rolls or cinnamon rolls, any yeast bread recipe is very difficult to adjust to a high-altitude area.
- **My absolute biggest tip is to make sure you don't let your bread over-proof. Yeasted dough will rise faster at high-altitude, so you really need to pay attention to size, and not to time.**
- Check your dough often, and take a quick picture with your phone before rising to make sure you don't let it over-proof. Only let your doughs rise by about 1/3 instead of doubling.
- Knead to your heart's content! But actually, knead for longer than you think you need to. Sometimes it takes a full 15 or 20 minutes of kneading in a stand mixer to achieve the gluten you want!
- Don't over-flour your doughs. It's okay to have a slightly tacky dough most of the time- it will become more smooth as it kneads, and it will result in a fluffy end result!



Trust me, you got this! These tips will make you a baking boss this holiday season, even though you aren't at sea-level! REMEMBER: My blog is full of high-altitude-friendly recipes that are ready to go! Now, onto the exclusive holiday cookie recipe!

High-Altitude Chocolate Peppermint Cookies

For the cookies:

- 2 1/2 cups all-purpose flour
- 3/4 cup dutch processed cocoa powder
- 1/2 tsp. salt
- 1/2 tsp. baking soda
- 1/4 tsp. baking powder
- 14 tbs. melted butter, cooled
- 1 cup brown sugar
- 3/4 cup white sugar
- 1 tsp. vanilla extract
- 1 tsp. peppermint extract
- 1 egg
- 1 egg yolk
- 1 tbs. milk (any percent)
- 1/4 cup additional sugar

For the frosting:

- 1/2 cup softened butter
- 1 1/4 cups powdered sugar
- 1 tsp. peppermint extract (or more to taste)
- 1/4 tsp. salt
- 1 tbs. heavy cream

For the cookies:

- Preheat your oven to 350 degrees, and line two baking sheets with parchment paper. Set aside. In a medium bowl, whisk together the flour, cocoa powder, salt, baking soda, and baking powder. Set aside.
- In a large bowl, beat together the melted butter, brown sugar, and white sugar until combined. Beat in the vanilla extract, peppermint extract, whole egg, egg yolk, and milk and beat until just combined. Slowly beat in the flour mixture until completely incorporated. The dough will be a little soft, but will firm up slightly as it sits.
- Scoop 1 tablespoon-sized balls onto your baking sheet with space between to spread. Dip the bottom of a glass into the additional sugar, and press a cookie down gently. Repeat with the remaining cookies. Bake for 9-10 minutes, or until they look set. Cool completely before frosting.

For the frosting:

- In a large bowl, beat together the softened butter and powdered sugar until thick. It may be crumbly, but don't worry. Beat in the peppermint extract, salt, and heavy cream, and beat for several minutes until fluffy. Add more extract to taste if you want more peppermint flavor! Frost cookies as desired, and enjoy!

