



Clover Cake Decorating: For Beginners





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Introduction

This manual was designed for afterschool group leaders that work with groups that meet for eight-week blocks; however, it is anticipated that it can be adapted for use by other groups that meet longer or shorter times, if desired.

Example questions have been included for leaders with each session in order to encourage youth to reflect and apply some aspect of the session. It is suggested that these or other similar questions are discussed with youth during or after the session, as appropriate for the group and/or activity for the day.

In order to promote service, the last session includes an activity to decorate cookies or cupcakes to give away to others. This could be to a family member, other afterschool youth not in the 4-H club, or to a group in the larger community.

The last session also discusses including how to best display and transport decorated items. If youth are interested in displaying items at the county fair, it is also suggested that groups discuss best practices for this. While some guidelines are included here, it is suggested that you contact your local 4-H office about the most current recommendations or suggestions as they may have additional guidelines specific for their counties.

I hope you enjoy learning beginning cake decorating skills!

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Cake Decorating Class Outline

Session	Topic	Page #
1	Get ready! Get familiar with supplies and make icing	6
2	Get set! How to use the pastry bags and tips	15
3-5	Practice! One session for each of the basic decorating tips	23
6	The art of making a cake	25
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Suggested Tote Supplies:

- Parchment Bags
- Icing Tips
- Couplers
- Cleaning brushes for tips
- Laminated practice sheets
- Spatula

Basic supplies required not provided in tote:

- Icing recipe supplies (powdered sugar, shortening, vanilla)
- Sifter for powdered sugar
- Mixer
- Plastic containers to store icing (empty cottage cheese containers work)
- Food coloring paste (if desired)
- Drop cloth or paper for tables
- Waxed paper or parchment paper
- Tape
- Butter knives or spatulas to scrape off icing when practicing
- Aprons (if desired)
- Disposable 8" or 10" pastry bags if over 15 participating (at craft store)
- Cake/Cookie supplies to decorate for sessions 6-8
- Styrofoam pieces (optional)

Session 1

MATERIALS NEEDED:

Cake Decorating Tote Including:

- Nylon pastry bags
- Basic decorating tips
- Cleaning brushes for tips
- Spatula/butter knife

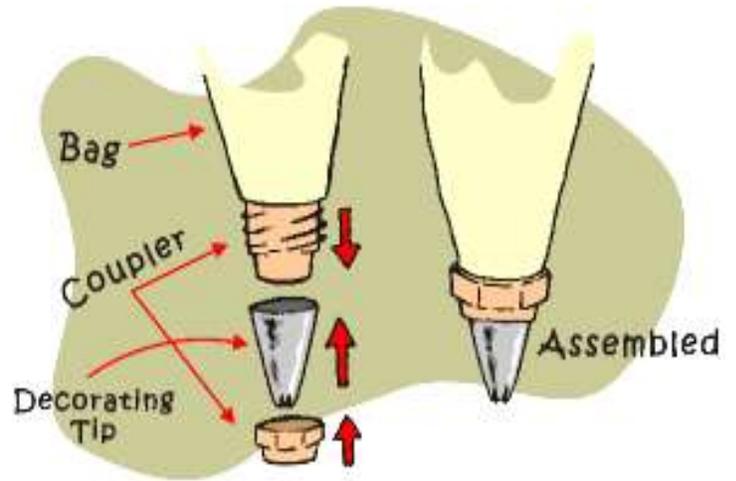
Icing ingredients (see recipe pg.12)

Sifter (for powdered sugar)

Food coloring paste, if desired

Mixer

Plastic containers to store icing (empty cottage cheese containers work well)



OBJECTIVE: Learn about types of supplies needed for cake decorating and how to clean and care for them. Learn how to make icing in the right consistency to use for future sessions.

PREPARATION: Have materials out and discuss the supplies that will be used during the next eight sessions. For older youth discuss other supplies that are available even though you may not be using them in class as they may choose to do cake decorating in the future on their own. For younger youth you may opt to only discuss the items to be used during sessions.

Decorating Supplies:

Like most activities, cake decorating has its own tools and special equipment. For basic decorating, you don't need to spend a lot of money. However, there are a few items that are absolutely necessary: a reusable pastry bag, a coupler, and basic pastry tips (basic round, a star tip, and leaf tip). *THESE ITEMS ARE INCLUDED IN TOTE.*

1) PASTRY BAGS: There are three types of pastry bags, reusable, disposable and parchment cones. They come in various sizes and can be made of a variety of materials.

Reusable Pastry Bags: Sometimes called featherweight bags, are the ones made of washable polyester that's specially coated to prevent leaks. They are also available in nylon, plastic-lined cotton, canvas, or plastic. These bags can be used over and over and still stay flexible. They can be used with a coupler so you can change the tubes without changing the bags. *(This is the kind that is in the tote.)*

It is handy to have several on hand if you are using many different colors. Pastry bags come in different sizes: The tote has the 8 to 10-inch size, but some people choose bigger bags (12 or 14 inches long) once they have learned the techniques because they fit more icing. There are even bigger bags for large quantities (14-16 inches) but they can become difficult to use because they are so large!

Disposable Pastry Bags: These are made out of clear plastic and are only good for one time use; these bags are just thrown away when the decorating is done. They can be purchased at craft stores or wherever cake decorating supplies are sold. They are not as easy to use because they are not as flexible as reusable pastry bags. *(This is the kind you will need to purchase for groups over size of 15.)*



Parchment Cones: Disposable pastry bags that you make yourself from parchment paper triangles. They can be made both large and small, optionally fitted with a decorating tube and filled just like a pastry bag with a small amount of icing, such as a tablespoon. You only use them once and with only one tip.

2) COUPLERS: A coupler is a two-part, plastic device, a base and a ring, that fits in the pastry bag and allows you to interchange decorating tips. The base fits inside, the bag is cut at the end and then you put the decorating tip of your choice over the portion of the coupler that sticks out of the bag. When you screw the ring on, you've locked the decorating tip onto the coupler and bag. The nice part about having a coupler is that you can change tips without having to change icing into a whole new bag. These are hard to use with the parchment because the paper tends to rip.



3) DECORATING TUBES OR TIPS: Tubes are the tips that fit on the bottom of reusable or disposable pastry bags or parchment cones. They come in different tip designs which produce different decorations when you squeeze the filling through them, called piping. There are many different ways to pipe, depending on the tip used. (See next page for pictures.)

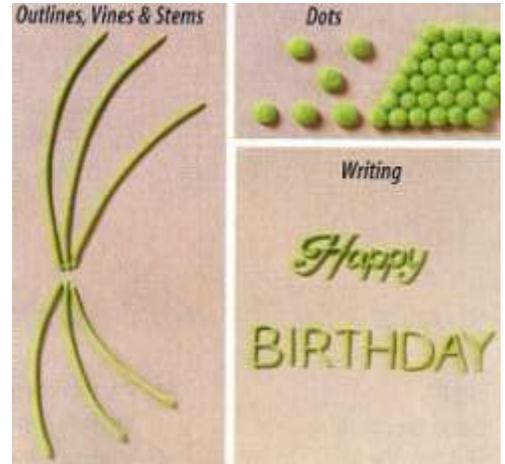
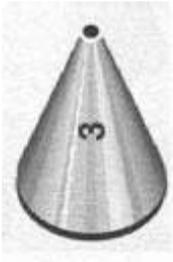
4) OTHER SUPPLIES:

- * Icing spatula—to move the icing from the bowl to the cake and to smooth the icing on the cake. This will also be used to help clear the icing from the practicing boards. (You could also use a butter knife or spatula if needed.)
- * Rubber spatula--to help in mixing the icing.
- * Icing
- * Food coloring paste--it's better to use the paste colorings; otherwise, it may water down the icing.

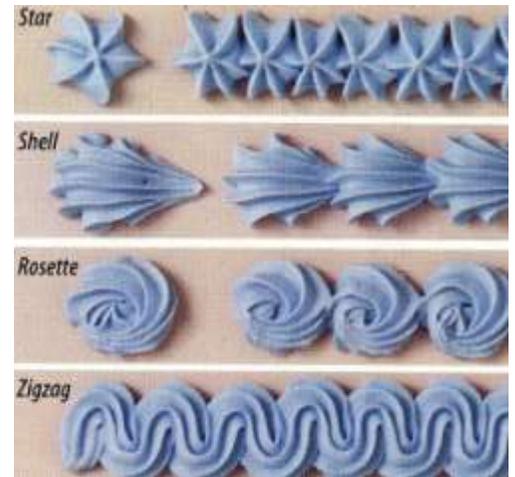
Commonly Used Decorating Tips:

DECORATING PASTRY TIPS: Are an integral part of decorating. Pastry tips are metal cones which you squeeze icing or a medium through to form different shapes and designs. The size and shape of the opening on a decorating tube determines the type of decorations the tip will produce. There are seven basic decorating tip groups: round, star, leaf (all included in tote), as well as drop flower, rose, basketweave and specialized (not included). As you become more proficient in your decorating, you may want to try other kinds of tips. There are several numbers for each basic type of tip, as the numbers get bigger, the hole on the top gets bigger.

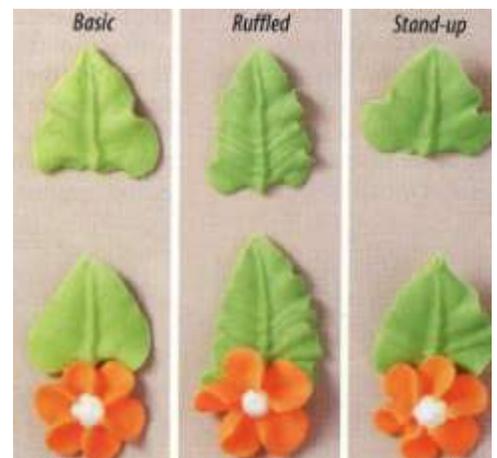
Round Tips: These versatile tubes are smooth and round. Use to outline details, filling and piping in areas, printing and writing message, figure piping, string work, beads, dots, balls, stems, vines, flower centers, lattice, cornelli lace.



Star Tip: Star-shaped tips create the most popular decorations, such as stars, zigzags, shells, ropes, puffs, rosettes, fleurs-de-lis and scrolls. Star tips range in size from small to extra large. The small ones with narrow teeth are perfect for making a shell border or rosettes. Or, a small star tube with wide teeth makes a wider shell border and rosettes.



Leaf Tube: The V-shaped openings of these tubes make leaves with center veins.



Preparing and Cleaning the Pastry Bag

1) PREPARE THE PASTRY BAG FOR FILLING: The end of your bag needs to be measured and cut to fit the coupler. It will hold the decorating tip. (*Bags in the tote have already been prepared, but may need to do this to disposable bags.*)



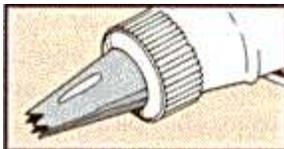
The coupler comes in two parts: The base and the crew ring. Separate the coupler (ring and base) and drop the cone shaped base, narrow end down, into the pastry bag, forcing it as far as it will go.



Use a pencil to mark a line on the outside of the bag half way between the narrow end coupler and the first thread of the coupler. Remove the coupler from the bag and then make your cut at the mark. Be careful not to cut too much off or the coupler will just slip through when trying to squeeze out the icing! Better to cut too little at first, you can cut off more if needed!



Push the cone-shaped base, narrow end first, back into the open end of the bag and down toward the pointed end as far as it will go. Push it until its tip and one or two threads are showing through the cut hole. You will see the rest of the threads through the pastry bag. You may need to trim it again if it's too narrow.



Screw on the coupler ring so the tip is straight and secure and the bag is airtight at the end.

2) FILL THE PASTRY BAG ONLY HALFWAY WITH ICING OR FILLING. Don't overfill the bag because during piping, the bag will become difficult to work with. Also, if you fill

it too much the heat from your hand (as you are using the bag) may make the icing inside the bag soft and melted and then the icing won't do what you want it to. Any icing not in use should be covered with a damp kitchen cloth or plastic wrap so it won't dry out.

** May want to discuss how to fill the pastry bag and then demonstrate after icing is made, if desired (detailed instruction in session 2).*

3) CLEAN-UP:

- A. Remove tube and coupler from the bag.
- B. 2- Scrape out extra icing.
- C. Turn the bag inside out and immediately wash the bag, the tube, and coupler in hot water with soap. Use a light cleaning brush, if necessary.
- D. Use small brushes to get the icing out of the small ends of the tips, if necessary. Dry the tips, using a soft towel or place on a clean towel on the counter to air dry.

*****PLEASE EMPHASIZE PROPER CLEANING AND ENSURE SUPPLIES ARE PROPERLY CARED FOR SO WE CAN CONTINUE TO HAVE THESE SUPPLIES*****

Making Icing:

There are two kinds of icing—buttercream and royal icing. When most people think about icing, buttercream is the kind they are thinking about. It is soft and it has some kind of fat in it, like butter or shortening. That is the kind we will be making.

Royal Icing has no fat and so it is hard and crunchy when it is dried. People use this kind of icing when it is mostly just to look at, such as when they are displaying it in the fair because it doesn't melt like the buttercream icing.

See the buttercream icing recipe on the next page.

Class Decorating Icing Recipe (Medium Consistency):

1 teaspoon vanilla extract

3 Tablespoons water

1 cup vegetable shortening

1 lb. *sifted* confectioners' sugar (about 4 cups)

Sift confectioners' sugar into a large mixing bowl (sifting helps with any lumps that may clog the small decorating tips so it's strongly recommended). Set aside. Cream shortening, vanilla, and water. Gradually add sifted dry ingredients and mix on medium speed until all ingredients have been thoroughly mixed together. Blend an additional minute or so, until creamy.

To make thinner icing, add two teaspoons of water for each cup of icing.

****TIPS****

If making thinner icing color this differently than the medium icing to keep them separate!

Icing can keep outside of the refrigerator because no milk is used—but can store in refrigerator if desired. Just take it out a few minutes before using so it can get to room temperature before using it. Be sure to keep icing covered to avoid drying out. Stir it before using.

When making recipe for actual eating purposes, you may want to substitute milk for the water, and possibly add butter flavoring instead of vanilla to make it taste better.

Icing Consistency

Different shapes and types of decorations require different consistencies of icing and buttercream -- stiff, medium, and thin. If the consistency of your decorating icing isn't right, your decorations won't be either. Taking icing in or out of the refrigerator will harden or soften buttercream icings. If needed, adding a little powdered sugar or water can also help. The heat of your hand while working with the icing also affects the consistency of the icing.



Stiff icing is for roses or flowers (not used in beginner class)



Used most of the time, with almost all of the tips. *(Use this one in class.)*



Thin icing is the best for making leaves

ACTIVITY: TEST THE CONSISTENCY OF THE ICING

Place a small dollop on a work surface with a small spatula to help youth see the difference between the consistencies. Then lightly place the metal spatula on top of the icing and lift it to form a small peak. You can tell the icing consistency from the size of the peak formed. Add a very small amount of liquid to make the recipe into a thinner consistency (see recipe on pg. 12).

OPTIONAL ACTIVITY: Have youth color the icing that will be used during class. Paste colors will not add additional liquid that may change the consistency of the icing, and they also tend to be more vibrant colors. You may also choose to discuss the color wheel (not included) and how to make colors by combining colors.



REFLECT & APPLY: EXAMPLE DISCUSSION QUESTIONS:

1. What are some of the tools that are used specifically in cake decorating?
2. What would happen if we didn't learn about the tools before we just decided to decorate with icing?
3. What other things have you learned to do that required special tools before you could do them?

Sources:

<http://www.baking911.com/decorating>

<http://www.wilton.com/recipes/icingfunkidsproject/materialsandtips.cfm>

The Wilton Method of Cake Decorating, Course I

Session 2

MATERIALS NEEDED:

Supplies from tote (see pg. 5)
Icing (at least one batch)
Practice laminate sheets
Wax paper
Tape
Table coverings, if desired
Aprons, if desired



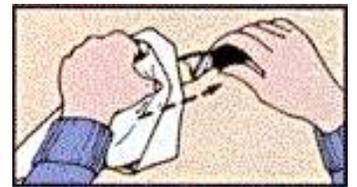
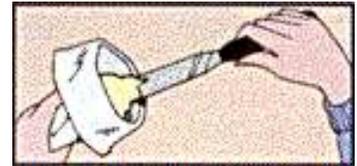
OBJECTIVES: Learn how to properly hold and use a pastry bag. Demonstrate each of the tips.

PREPARATION: Set out all supplies needed for the day. You may want to practice the techniques in advance in order to feel comfortable demonstrating for youth.

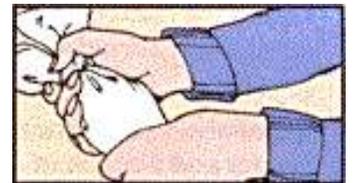
Demonstrate the following for youth:

FILLING THE BAG

Fold bag halfway down making a cuff, and hold it like an ice cream cone underneath the cuff. Using a spatula, take a small amount of icing and insert it down the middle of the bag. Using the hand holding the bag, pinch the spatula before pulling it out so that the icing will stay in the bag and the spatula comes out clean. Repeat until bag is 1/3 full or until there is enough icing to fit in the palm of your hand.



Once icing is in the bag, pinch the top between your thumb and forefinger, pushing icing down as you squeeze. Twist bag to keep closed. You are ready to decorate.



THE 3 ESSENTIALS OF CAKE DECORATING

Every decoration you make is the result of three things working together:

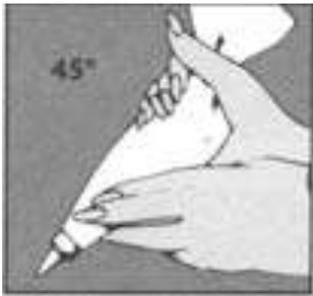
1. Icing Consistency: If the consistency of your icing isn't just right, your decorations won't be right either. See page 13 for more information on the right consistency.

2. Correct Bag Position: Bag positions are described in terms of both angle and clock position. Angle refers to the position of the bag relative to the work surface. The basic two bag positions are:

ANGLE

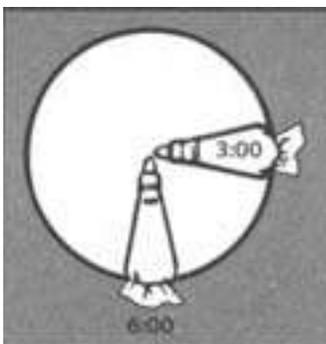


90° angle, or straight up, perpendicular to the surface. Used when making stars.



45° angle, or halfway between vertical and horizontal. Used for writing and borders.

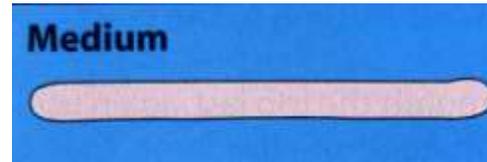
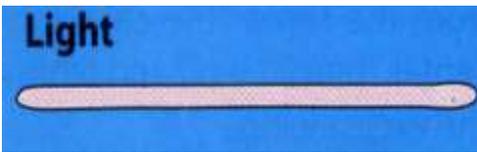
CLOCK POSITION



The hours on the clock face correspond to the direction you should point the end of the bag.

With the tip in the center of the clock, the back of the bag will point to the hour.

3. Pressure Control: The size and uniformity of your icing designs are affected by the amount of pressure you apply to the bag and the steadiness of the pressure. Learn to apply pressure consistently so that just the right amount of icing flows through the tip.



The goal is to learn to apply pressure so consistently that you can move the bag in a free and easy glide while just the right amount of icing flows through the tip. This control will come with practice.

To pipe with the right pressure, do so at whatever angle the design requires, over the top or sides of the cake, with the tip a little above the surface. Press firmly and evenly on the pastry bag (squeezing the top of the bag rather than the middle) and move the tip at a uniform speed and pressure.

When you get to the end, release the pressure on the bag, stop moving the tube, and terminate the design in different ways, depending upon the design: for piping a border, end with a quick flick of the tip of the pastry tube, up and slightly backward.

OPTIONAL ACTIVITY

Learn how to apply consistent pressure by making squiggles and lines. The goal is to have even width of lines.

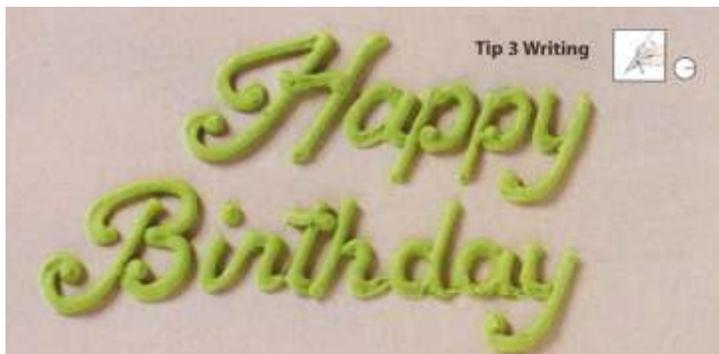
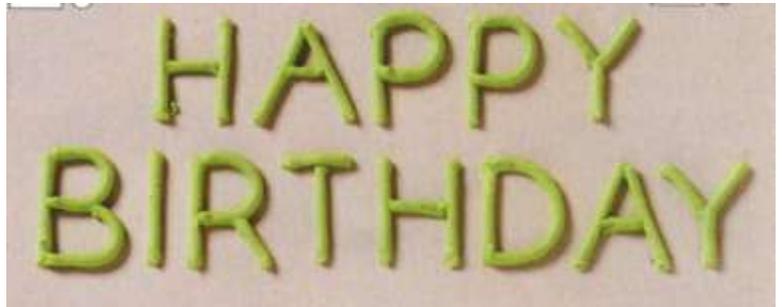


ACTIVITY: Demonstrate different uses of the tips on the practice sheets and have youth take turns practicing with the same pastry bag with supervision. Youth will practice during the next three sessions, so focus on modeling how to hold the bag, how to use the practice sheets with the wax paper on top, etc. Depending on the amount of youth involved can demonstrate then let them try it all with one bag or just let a couple try it.

Round Decorating Tip #3

Printing Hold bag at 45° angle at 6:00 for vertical and curving lines, 3:00 for horizontal lines

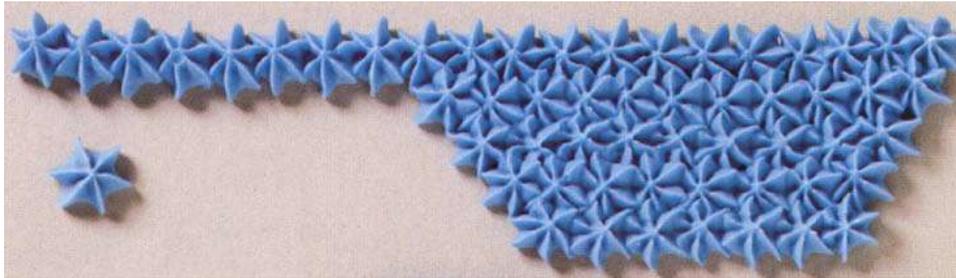
1. With tip lightly touching the surface, start to squeeze bag with a steady, even pressure.
2. Lift the tip off of the surface to allow icing string to drop.
3. Stop pressure and touch tip to surface to attach.
4. Pull away.



Writing

Squeeze steadily and move the tip along the surface in a smooth continuous motion. Move your entire arm without flexing your wrist as you write.

Star Decorating Tip #18



Stars: Hold bag straight up about ¼ inch above surface. Squeeze the bag to form star. Stop pressure and pull tip straight up and away.

Star Border

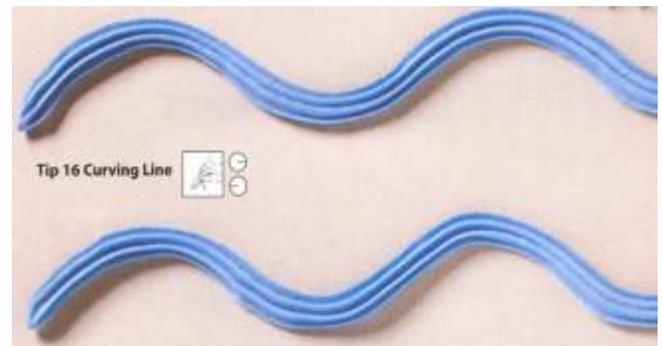
Pipe a row of stars all the same height and width.

Star fill-in (for a larger area)

Start with a row of stars piped evenly and close together, adjusting the tip position slightly each time so that the points of the stars interlock and cover the entire area without any gaps.

Curving Line

Hold bag at 45° angle at 3:00 with the tip lightly touching the surface. Using a wavelike motion, draw tip steadily along surface, and at the same time squeeze it evenly. Stop squeezing; lift tip away.



Tight Zigzag

Steadily squeeze and draw the tip along the surface in an up and down motion. Using the same motion as you did for the curving line, shorten the distance from the peak of one wave to the peak of the next so that there is no gap between them.

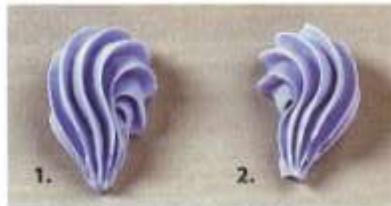


The Shell

Hold the bag at 45° angle to the surface and in the 6:00 position so you can pull the bag towards you. The tip should be slightly above the surface. Squeeze hard, letting the icing fan out. Gradually relax the pressure as you lower the tip to the surface. Stop pressure and pull tip away without lifting it from the surface.

Shell Border

Make several shells in the same size in a row. Start the second shell so that the fanned end covers the tail of the previous shell. It is easiest to work toward you as you make the line.



Reverse Shells

Use the same technique as the shell (above) but move the tip slightly to one side or the other while squeezing.



Rosette:

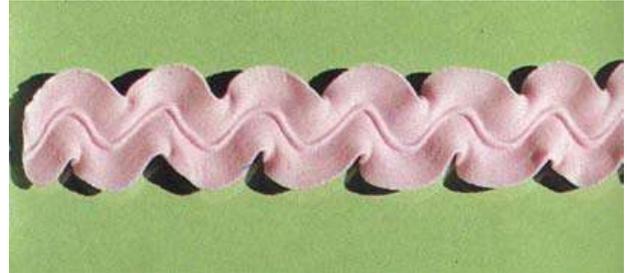
Hold tip slightly above surface at a 90° angle. Squeeze and without releasing pressure, move the tip in a tight circle. Lift tip away.



Leaf Decorating Tip #352

Flat Ruffle

Hold tip at 45° angle at 3:00 with the wide opening of tip horizontal and lightly touching the surface. Steadily squeeze and draw the tip along the surface in a back and forth motion.



Stand-up Ruffle

Holding bag in same angle and position, steadily squeeze and draw the tip along the surface in a back and forth motion. Stop motion and release pressure to end the ruffle.



CLEAN UP REMINDERS:

1. Remove tube and coupler from the bag.
2. Scrape out extra icing.
3. Turn the bag inside out and immediately wash the bag, the tube, and coupler in hot water with soap. Use a light cleaning brush, if necessary.
4. Use small brushes to get the icing out of the small ends of the tips, if necessary. Dry the tips, using a soft towel or place on a clean towel on the counter to air dry.
5. Throw away wax paper used and wipe off any icing that may be on the laminated practice sheets.



REFLECT & APPLY: EXAMPLE DISCUSSION QUESTIONS

1. What happens to the icing or design when the bag isn't held in the right position? Without consistent pressure?
2. What would happen if we didn't learn about special instructions and directions before we decorated with icing?
3. What other things have you done that require directions and instructions?

Sources:

http://www.baking911.com/decorating/pb_pastrybags101pg1.htm

<http://www.wilton.com/recipes/icingfunkidsproject/materialsandtips.cfm>

The Wilton Method of Cake Decorating, Course I, II, and III

Sessions 3-5

MATERIALS NEEDED:

Supplies from tote (see pg. 5)
Extra disposable bags (if over 15 youth)
Icing (one batch for one or two youth)
Spatulas or butter knives
Practice laminate sheets
Wax paper
Tape
Table coverings, if desired
Aprons, if desired

OBJECTIVE: Hands on experience using all three basic decorating tips.

PREPARATION: Review techniques to use specific tips, if desired. Use tape to secure laminated practice sheet on table. Place wax paper over the laminated sheets in order to keep practice sheets clean. Secure with tape if needed.

ACTIVITY: DECORATING PRACTICE

Practice decorating techniques with decorating tips appropriate to the practice sheets youth have in front of them. Once practice sheet is completed, scrape up icing using a spatula or butter knife and put back into holding container. Continue until all icing is gone from pastry bag and then refill pastry bag, as desired until time is up. Once the youth have mastered the practice sheets, have youth experiment making other designs with tips.

Be sure to allow adequate time for cleanup of all supplies.

CLEAN UP REMINDERS:

1. Remove tube and coupler from the bag.
2. 2- Scrape out extra icing.
3. Turn the bag inside out and immediately wash the bag, the tube, and coupler in hot water with soap. Use a light cleaning brush, if necessary.
4. Use small brushes to get the icing out of the small ends of the tips, if necessary. Dry the tips, using a soft towel or place on a clean towel on the counter to air dry.
5. Throw away wax paper used and wipe off any icing that may be on the laminated practice sheets.

TIP: Depending on size of group have all youth practice with same tip; or if group is too large for this, review using each of the tips and let them practice each session with a new tip. It is recommended that youth keep same tip for each week in order to create less confusion with supplies.

OPTIONAL ACTIVITY:

Obtain other kinds of icing tips such as the grass tip (233), basket weave tip (47), drop flower tip (2D), etc. and experiment with the designs you can create with these tips.



REFLECT & APPLY: EXAMPLE DISCUSSION QUESTIONS

1. What was the easiest/most challenging part of working with the tip and practice sheets today?
2. What was same/different than the tip you used last week? Which was easier/harder?
3. What do you think would have happened (or did happen) if you had too thick/runny of icing?
4. How could I fix the icing if it was too runny/thick?
5. What other recipes can you think of that would not work right if they had too little or too much of an ingredient? How could it be fixed?

Session 6

MATERIALS NEEDED:

Supplies to make cake
Serrated knife or cake leveler
Spatula from tote

OBJECTIVE: Discover the benefits of decorating and making your own cakes. Explore how to make creative cakes through hands-on practice.

PREPARATION: Gather all cake ingredients if making cake as a class, or prepare a cake ahead of time in order to demonstrate some of the steps.

In order to have the best decorating results, it is important to have a surface that is smooth and free of large cracks and crumbs. Here are some tips on how to make a cake that will provide a good surface for decorating!

ACTIVITY: Prepare cake as directed below as a group. Discuss steps and demonstrate steps where possible.

1. Preheat oven to the temperature specified in your recipe at least 10-15 minutes before putting the cake in the oven.

2. Prepare the pan. Generously grease inside of pan with solid vegetable shortening. Sprinkle about 2 tablespoons of flour inside the pan and shake so that flour covers all greased surfaces. Turn the pan upside down and tap lightly to remove excess flour. If any shiny spots remain, touch them up.

Tip: Never use butter, margarine or liquid vegetable oil—they may make your cake stick and possibly burn the surface.

3. Make cake batter. Follow the package instructions carefully, especially for beating times. Overbeating breaks down cake structure and could cause the cake to shrink when cooling. Under beating produces a lumpy batter in which the ingredients are not properly mixed.

4. Bake the cake. Pour cake batter in pan immediately after mixing, spread evenly with a spatula, and tap the pan on your counter top to remove air bubbles. Bake on the middle rack of a preheated oven for the time specified in the recipe. To test whether cake is done, insert a toothpick or cake tester near center and remove. If tip is clean, cake is done. If batter is visible, bake a little longer until toothpick or tester comes out

clean. When done, remove your cake from the oven and cool in the pan on a rack for 10 minutes. Run a thin knife between the cake and side of the pan.

Tip: Do NOT open the oven while the cake is cooking or it may fall in the middle!

5. Unmold the cake. Place a cooling rack against the cake and turn both cooling rack and pan over. Lift pan off carefully; cool at least one hour. Brush off any loose crumbs before icing.

One of the hardest parts of baking cakes is getting them out of the pan. This is the moment when things can go terribly wrong, or the moment of relief as the cake easily slides out of the pan. Here are some tips to make your situation more like the latter. First, begin to tap the pan lightly on the countertop after you have removed it from the oven. This is done in order to release air pockets that form during the baking process. You will want to run a thin knife around the edges of the pan. This can help release the cake from its pan. Removing the cake from its pan too early can result in breakage, and waiting too long to remove it can result in the cake sticking to the pan. Clearly, it is a delicate balance and it takes experience to determine how long you should wait according to the cake.

In addition, cakes actually improve with a short stay in the freezer to tighten their crumb and to help it retain moisture once decorated. (Professional bakers do this). A freshly baked and decorated cake, when cut, can sometimes turn into a large pile of crumbs from slices that don't keep their shape or break in half. Freezing helps prevent this.

6. Level the surface for easier decorating. One of the easiest ways to make sure that you have a cake that you can work with is to level and trim your baked cake. As always, wait until the cake has cooled completely before you get cutting. Take a serrated knife and trim off the crust and dry edges. You can also try using a cake leveler (available at craft stores), if desired. If you like, you can also torte the cake. Torting simply involves the process of slicing varying layers into your cake and adding icing or a filling inside before stacking the cake together.

Tip: Chilling the cake before leveling may help to reduce the amount of crumbs often created from this step which will make it easier to ice.

7. Apply the first layer of icing. Icing the cake to a smooth finish is one of the most important parts of cake decorating. For many it can be the hardest part of cake decorating to achieve. The decorations will not look their best against an unevenly iced cake.

Place a large dollop in the center of the top layer and start smoothing it toward the edges. Be sure to use enough to cover the entire top and extra to push down over the edges onto the sides. Slowly spread the icing down the side using an icing spatula (*included in tote*). Do this all along the edges until the sides are completely covered making sure to use ample icing so you don't scrape the sides, picking up little crumbs. After the sides are covered and smooth, smooth the top of the cake.

Tip: You may want to thinly ice the cake to catch all the crumbs, let it set and then frost a second time to get a very smooth finish.

8. Decorate and enjoy!

9. Store the cake. Leftovers need to be stored carefully so that bacteria does not grow and cause illness. Generally, for storage, baked goods should be tightly wrapped with plastic wrap and/or aluminum foil. If any part of it is exposed, it will become stale very quickly from the loss of moisture. Some iced cakes can be stored in a cool place in the kitchen but some are better stored in the refrigerator (those with a filling). When in doubt, refrigerate.

When serving perishable food, bacteria that cause food borne illness can contaminate such food if left out at room temperature. Scientists have found that after 2 hours at room temperature, bacteria can multiply on foods to high enough levels to cause illness. Everyone should avoid perishable foods, which are not kept either cold or hot.

Tip: Uniced cakes can be frozen for up to three months wrapped in heavy foil but be sure to thaw completely before decorating.

OPTIONAL ACTIVITY:

Calculate how much icing you would need for different cake sizes. You may also want to use this as a reference for session 7 activity.

Cake Size	Top Only	Top & Sides
8" 2-layer		1 ½ cups
9" 2-layer		2 cups
8" square	¾ cup	1 ½ cups
13" x 9"	2 cups	2 ½ cups
9" x 5" x 3" loaf	1 cup	



REFLECT & APPLY: EXAMPLE DISCUSSION QUESTIONS

1. What did you learn about baking and preparing a cake that was new to you?
2. What would happen if you didn't prepare the cake according to the instructions on the box? Have you ever experienced this?
3. What other products have instructions that need to be followed in order for the product to turn out right? How are instructions created?
4. What kinds of cakes would definitely need to be refrigerated for safety?
5. What other kinds of foods need to be refrigerated? Why?

Sources:

<http://www.baking911.com>

The Wilton Method of Cake Decorating, Course I



Session 7



MATERIALS NEEDED:

Pictures/cost of cakes & supplies
Cardstock paper cut to the size of common cake pans
Supplies from tote (see pg. 5)
Extra disposable bags (if over 15 youth)
Icing (one batch for one or two youth)
Spatulas or butter knives
Practice laminate sheets
Wax paper
Tape
Table coverings, if desired
Aprons, if desired

OBJECTIVE: Discover the benefits of decorating and making your own cakes. Explore how to make creative cakes through hands on practice.

PREPARATION: Obtain pictures of cakes and costs of local cakes and supplies that the group could make using the skills learned in class. If practicing with icing, provide the same cookies, cupcakes, or a pattern of what they will be decorating the next session so they can demonstrate their best skills in session 8.

ACTIVITY: COMPARISON HOMEMADE VS. STORE BOUGHT

1. Price cakes at store that look like they could be made with skills learned in class. Bring pictures of cakes from the store or from magazines, etc. and display prices for group.
2. Price the cost of cake mixes and ingredients for icing that would be needed to make a similar cake at home.
3. Calculate cost per serving of cake, if desired.

4. Discuss pros and cons of making your own cakes. Include factors such as:
- Cost per serving (allow youth to calculate, if desired)
 - Ingredient information (could substitute ingredients to make lower in fat, avoid trans fat, or find alternate recipes for those with food allergies)
 - Freshness/Quality of ingredients
 - Individuality/Creativity
 - Adapting cakes for individual preferences (cannot find what they want in the store)
 - Time involved
 - More meaningful for cake recipient

ACTIVITY: CREATIVITY WITH CAKES

Provide cardstock or Styrofoam pieces for youth in the sizes of common cake pans or cup cake pans (9 x 13, 8-inch rounds, cup cakes circles, etc). Have youth work alone or in groups to design their own creative cakes out of common sizes of cakes.

Provide crayons or markers for youth to design what type of decorations will be on the cake and what tips they will use to make the cake.

Calculate how much icing will be needed to ice their cake design. (see pg. 27)

Hint: Encourage youth to find ways to arrange cakes with minimal cutting, as real cakes will crumble and will be difficult to decorate when cut too many times.

OPTIONAL ACTIVITY:

Using real cakes, or Styrofoam, choose one of the creative cake designs and decorate as a group.

ACTIVITY: Provide paper that is the same shape as the item they will be decorating for session 8 final project. Have youth draw on the paper what design and tips they will use to decorate their item. Provide the cake or cookie that will be used in session 8 to practice.



REFLECT & APPLY: EXAMPLE DISCUSSION QUESTIONS

1. What did you discover when comparing homemade store bought cakes? How do you think this would compare to other types of food products that we often buy but we could make at home?

2. What was most challenging about creating your own cake designs? How did you overcome those challenges?
3. How can practicing what we will put on our final product be helpful? What would happen if we didn't practice?
4. What other things can you think of that require practice before you do them so that it turns out well?



Session 8



MATERIALS NEEDED:

Supplies from tote (see pg. 5)
Extra disposable bags (if over 15 youth)
Icing (one batch for 1-2 youth)
Spatulas or butter knives
Practice laminate sheets
Wax paper
Tape
Table coverings, if desired
Aprons, if desired

OBJECTIVE: Learn the tricks of displaying and transporting cakes. Use skills learned to provide service to others.

PREPARATION: Provide cookies or cupcakes to practice on in order to demonstrate their best skills in session 8.

Displaying and Transporting Cakes

Transporting a cake and having it look its best when it arrives can be challenging. If you are going to be transporting a cake, be sure to place a stiff surface under the cake before decorating that is slightly larger than the cake so you can pick up and carry the cake easily. You can use a cake board (white cardboard) for this or you can cut cardboard from a box and cover it in aluminum foil.

Once it is decorated it is now a challenge to transport the cake without damaging the icing. Many stores that sell cake decorating supplies (or bakeries) carry assorted size boxes (for round or square cakes) that can be used to transport cakes. One benefit of using a box is that the lid is usually above the cake far enough that there is less worry about smashing the icing. If using a box, it may be helpful to cut a cake board or cardboard the size of the box (before you put the cake on it) so it won't slide around in the box. If you choose to use a box be sure to get a size that is slightly larger than the cake itself in order to get the cake in and out of the box a little easier.

Some people choose to put their cake on a plate instead of cardboard. If you choose to do this, be sure to have someone hold the plate carefully as you are transporting it, being careful to not damage the icing. If you choose to cover the cake it may be best to put a few toothpicks in the cake before putting on any plastic wrap so that the icing won't be as likely to get damaged by the covering. This is also true if you choose to leave the cake in the pan.

It is important also to remember that most icings may melt in the heat. Some homemade icings can even get ruined in the heat because of the ingredients used. If you are traveling a long distance or if the cake will be exposed to heat once you arrive at your destination you may want to take this into consideration as you are choosing the type of icing used for the cake. Some kinds of icing, such as royal icing, don't have any fat in them so they will not melt in the heat. Keep in mind, however, that while some icings may hold up better in the heat, they do have drawbacks of their own, such as a less desirable texture or taste. Is it best to take all factors into consideration and then choose what is most important for the occasion. For instance, if you were making the cake to display, such as for the county or state fair, it wouldn't matter what the icing tasted like as long as it looked its best. On the other hand, if you were making a cake for a birthday party, it may be more important how the icing tasted even if it ended up melting a little in the heat.

OPTIONAL ACTIVITY:

Discuss cake decorating as a career. Information about current wages for local cake decorators may be obtained from www.jobs.utah.gov under the economic information or the direct link is at <http://jobs.utah.gov/jsp/wi/utalmis/gotoOccwage.do>. Discuss some of the skills that would be needed to learn in school that would help them to be successful as a cake decorator.

Have a local cake decorator visit with the group about their experiences as a cake decorator. Many craft stores have cake decorators that teach classes who may be willing to speak about their experiences. Most local grocery stores also employ cake decorators in their bakery.

Note: Most cake decorators employed by stores require little training and minimal education but they are usually not full-time positions and have relatively low wages. Many cake decorators have their own small business out of their home and, therefore, need business management skills to know how to promote their business and manage their money well.

ACTIVITY:

Using the skills practiced, decorate cookies or cupcakes to give away to others as a service project.



REFLECT & APPLY: EXAMPLE DISCUSSION QUESTIONS

1. What would happen if you did not take precautions to transport cakes carefully? Has that ever happened to you? What have you learned you could do differently so that won't happen in the future?
2. What other items do you need to transport carefully? What precautions do you need to take to transport them?
3. Why do we give service? How does giving service help others? Help us? What are other examples of service that you have given?

Practice Sheet

Use the icing tip listed in left hand corner of sheet



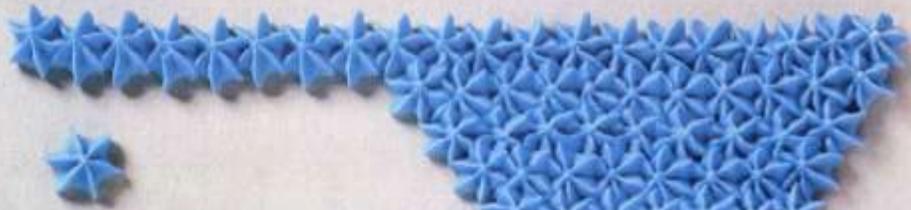
Masters

Source: The Wilton Method of Cake Decorating, Course I, II, and III

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Star
Tip 18

Tip 16 Stars



Tip 16 Curving Line



Tip 16 Tight Zigzag



Star
Tip 18

Tip 21 Shell



Tip 16



Rosette



Reverse Shell

Tip 21



**Round
Tip 3**

**Embroidery & Lace
Lily of Valley**

Tip 1 Stems and Bulbs



Tip 1L Pulled Dots



Tip 1 Sotas



**Round
Tip 3**

Stringwork

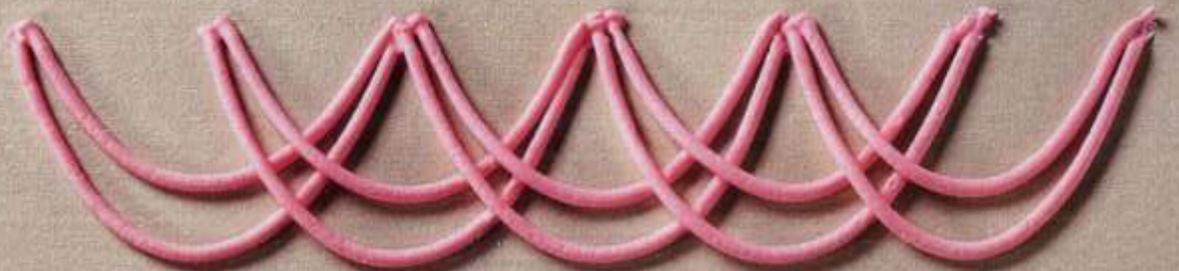
Tip 3



Triple Drop



**Overlapping
Double Drop**



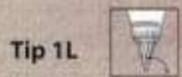
**Star
Tip 18**

"E" Motion

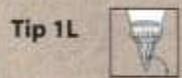


**Round
Tip 3**

Embroidery & Lace
Pulled Dot Flower



Picot



**Leaf
Tip 352**



Tip 67 Plain Leaf



Tip 67 Stand-up Leaf



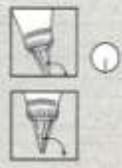
Tip 67 Ruffled Leaf



**Leaf
Tip 352**



**Tip 67 Fern
and Tip 1 Dot**



Leaf
Tip 352

Lilly of the Valley
Tip 67, 2, 81, 1



Tip 67 Leaf



Tip 2 Stems



Tip 81 Flowers and Tip 1 stamens



Course 1

LESSON 2

Tip 3 Outline/Pipe In



Tip 3 Printing



HAPPY
BIRTHDAY

Tip 3 Writing



Happy
Birthday