ROARING SPIRIT BAKE-OFF

HOMECOMING RECIPE BOOK
SPIRIT CAKEPOPS

Submitted by: Belen Iglesias Alvarez, HR Relations Representative, Division of Human Resources

INGREDIENTS

1 Box of Betty Crocker Super Moist Yellow Cake
3 Eggs
1/2 Cup Vegetable Oil
350g of Vanilla Frosting
1 Bag of Ghirardelli White Melting Wafers
Food Color
Candy
Tons of Sprinkles

DIRECTIONS

1. Follow cake box instructions. Once the cake is done, let it cool.
2. Crumble the cake and add frosting.
3. Mix.
4. Roll into balls.
5. Chill in freezer for 15 minutes.
7. Grab a cake pop stick, dip it in the melted chocolate, and stick a cake pop. This will help the cake pop not to fall while dipping it.
8. Dip cake pop in melted chocolate until fully covered. Remove the excess.
9. Decorate before it the chocolate dries up!
10. Chill and enjoy.
LEMON BLUEBERRY CAKE
Submitted by: Michael Aquino, Instructor, College of Business

INGREDIENTS

2 1/2 Cups All Purpose Flour
2 tsp Baking Powder
1/2 Tsp Salt
3 Cups Granulated Sugar
1 1/2 Cup Unsalted Butter
3 Eggs
1 Cup Whole Milk
1 Cup Sour Cream
1 Cup Lemon Juice
1 Tbsp Lemon Zest
2 Tbsp Vanilla Extract
2 Cups Blueberries

For the Blueberry Sauce:
2 Tbsp Water
2 Cups Blueberries
2 Tbsp Granulated Sugar
2 Tbsp Lemon Juice Fresh

For the Lemon Buttercream:
1 1/2 Cups Unsalted Butter Room Temperature
4 Cups Powder Sugar
1 Lemon Juiced
1/4 Tsp Salt
LEMON BLUEBERRY CAKE

(Continued)

DIRECTIONS

For the Cake:
1. Preheat oven to 350 degrees Fahrenheit.
2. Mix dry ingredients in a large bowl. Mix the wet ingredients together in a separate bowl.
3. Add the wet mixture to the dry and combine. Add and mix the blueberries and lemon zest at the end.

For the Blueberry Sauce:
1. Combine 2 cup blueberries, 2 tbsp lemon juice, 2 tbsp water and 2 tbsp granulated sugar in a saucepan over medium-low heat.
2. Mash the blueberries and simmer for a minute.

For the Lemon Buttercream:
1. Using a stand mixer, add butter powder sugar. Use a spoon to scrape the bowl and mix once more until it becomes a smooth consistency.
2. Add lemon juice a tbsp at a time until a desired taste.

Putting Cake Together:
1. Add blueberry sauce on each layer.
2. Add lemon buttercream around the sides and smooth.
3. Add blueberries and lemon slices for garnish.
PUMPKIN PIE CAKE

Submitted by: Bridgette Cram, Assistant Vice President, Academic and Student Affairs  
Author: Baking with Blondie

INGREDIENTS

Pumpkin Cake:
15oz Canned Pumpkin  
1 Tablespoon Pumpkin Pie Spice  
3 Eggs  
½ Cup Sour Cream  
½ Cup Buttermilk  
⅓ Cup Vegetable Oil  
1 teaspoon Mexican Vanilla  
1 box Duncan Hines Yellow Cake mix

Vanilla Bean Pumpkin Spice Buttercream:
3 sticks (1½ cup) Unsalted Butter, left out of the fridge for 15 minutes  
2 teaspoons vanilla  
1 heaping teaspoon vanilla bean paste  
2 teaspoons Pumpkin Spice Emulsion  
pinch of salt  
¼ Cup Heavy Cream  
6-7 Cups Sifted Powdered Sugar

Pie Crust Details:
Refrigerated Pie Dough  
Nonstick Spray  
Coarse Sugar Crystals (used for extra detail as well on buttercream)
**PUMPKIN PIE CAKE**

(Continued)

**DIRECTIONS**

For the Cake:
1. Preheat oven to 325 degrees. Prep three 6" or two 8" cake rounds with a wipe of shortening and a dust of flour (or 24 cupcake-pan with cupcake liners). Set aside.
2. In a medium bowl, whisk together pumpkin, pumpkin spice, eggs, sour cream, buttermilk, oil, and vanilla.
3. When thoroughly combined, sift in the yellow cake mix and stir until just combined. Don't overmix, but make sure all the dry ingredients have been incorporated.
4. Divide cake batter evenly between cake rounds or cupcakes.
5. Bake for 30-35 minutes until center is baked all the way through (or 15 min for cupcakes). Don't overbake, but also make sure the center has baked all the way through.
6. Let cool in the pans for 2 minutes, then flip out into a wire rack to cool to room temperature. I always wrap mine up twice with plastic wrap and chill at least 6-8 hours, then stack cold or mostly frozen for easy assembly.

For the buttercream:
1. In the bowl of a mixer fitted with a paddle attachment, whip up the butter until it's light and fluffy. Add in the vanilla, vanilla bean paste, pumpkin spice emulsion, pinch of salt, and heavy cream. Mix together until completely combined. Scrape down the sides of the bowl.
2. 1/2 cup at a time, with the mixer on low speed, add in the powdered sugar. You may not need it all, but at least use 6 cups of it. If it's too thick, add in a touch of heavy cream. Too thin? Add a bit more powdered sugar.
3. Whip on high speed for 2 minutes until lighter in texture and color.
PUMPKIN PIE CAKE

(Done)
PARIS-BREST

Submitted by: Catherine Busatto, Herbert Wertheim College of Medicine, Department of Health, Humanities, and Society
Author: Chef Philippe Conticini

INGREDIENTS

For the choux pastry (water-based):
- 250ml water
- 200g flour
- 100g unsalted butter
- A pinch of salt
- 4 whole eggs

For the choux pastry (water-and-milk-based):
- 125g water
- 125g whole milk
- 165g flour
- 100g unsalted butter
- A pinch of salt
- 250g whole eggs, beaten
- A little cold milk

For the praline crème au beurre:
- 8 egg yolks
- 250g sugar
- 250g unsalted butter, softened
- Praliné paste

For the finish:
- 100g almond flakes or slivered almonds
- 50g icing sugar
- 1 egg yolk (glaze)
- Dark chocolate spirals (optional)
- Gold leaf (optional)
Before starting this Paris-Brest recipe, organise all the necessary ingredients.

For the choux pastry: There are two versions: one with water, the other with water and milk. Both recipes work, although I have a preference for the water and milk alternative. The method is identical for both versions.

1. Place the water (or water and milk), butter and salt in a saucepan on the stove.
2. Bring to a boil.
3. Remove from heat and pour all the flour at once.
4. Stir with a wooden spatula, making sure that lumps do not form.
5. The resulting dough is called 'panada'. Dry off the panada on the heat, stirring with a wooden spatula, until the paste comes away from the sides of the saucepan and forms a ball.
6. Leave to cool for 5 minutes. Incorporate one egg (or the beaten eggs in 4 or 5 batches)... 7. ...using a wooden spoon.
8. One by one, incorporate the remaining eggs.
9. The choux pastry is now ready. For the water and milk version, if you find the texture too firm, add a little cold milk until soft.
10. Transfer the choux pastry into a piping bag fitted with a plain nozzle.
11. Pipe the choux pastry in the shape of a crown.
12. Arrange two strings of paste next to each other, and finally a third string overlapping the first two.
13. Using a pastry brush, glaze the surface of the pastry with egg yolk.
14. Sprinkle with flaked almonds over the whole surface. You can replace the almond flakes with slivered almonds. Just before baking, sprinkle with icing sugar.
17. Preheat the oven to 180°C (gas 4) and bake for 25 to 35 minutes.
18. The paste should rise and take a nice golden colour.
19. When the cooking is complete, remove from the oven and leave to cool.
20. In a mixing bowl, combine the sugar with a small amount of water.
21. Bring to a boil and cook until the temperature reaches 121°C. I recommend using a digital thermometer. (If you don't own one, simply dip a fork in boiling sugar. If you see strings forming when you take the fork out, it means that the sugar is ready.)
22. Clarify the eggs one by one. Place the egg yolks in the food mixer recipient. When the sugar is ready, gradually pour it over the eggs, with the mixer on low speed. Make sure the egg yolks are at room temperature.
23. Once the sugar is completely combined with the egg yolks, continue beating on high speed until the mixture has cooled down.
24. When the preparation has cooled down. Gradually incorporate the softened butter.
25. Continue beating until you obtain a smooth and homogeneous cream. Add the praline paste last. The amount varies according to the intensity you like.
26. Using a serrated knife, cut the crown in half crosswise.
27. Scoop the praliné butter cream into a piping bag fitted with a large fluted nozzle.
28. Use a dough scraper for this operation.
29. Pipe the butter cream on the lower part of the crown forming big swirls.
30. On top of the butter cream, place the upper part of the crown (the one coated with flaked almonds). Leave in the fridge to set.
31. Using a shaker, drizzle icing sugar over the Paris-Brest cake. Transfer on a serving dish. Bon appétit!