



*Learning*  
*More* **About**  
*Desserts*

*Starting  
with the  
Basics*

# **Learning More About Desserts: Starting with the Basics**

Desserts are one of the most important courses of a meal. More often than not, we see desserts being served whether on special occasions or just ordinary meals spent with families and friends. If you think desserts are synonymous to sweet delights, perhaps you have to read and learn more about what desserts really are.

There are basically different types of desserts that you need to know:

- Baked Desserts
- Non-Baked Desserts
- Frozen Delights/ Frozen Desserts
- Vegan Desserts

## **Baked Desserts**

Baked desserts are exquisitely one of a kind especially if these are homemade. There are advantages and disadvantages though of having baked desserts on your meals. Baked desserts are a great advantage as far as preparation is concerned because you can have the luxury of time in preparing what is necessary and needed. Baked desserts should be planned ahead of time so you will not have a hard time looking for some ingredients are most likely difficult to have. If you are a novice baker, doing baked desserts can also be advantageous on your part because if everything fails (which is normal amongst beginners), you can have enough time doing it all over again until you get the right one.

Baked desserts need a lot of utensils to be used and these materials must always come in handy. Ovens are the number one most important utensils in making baked desserts. Rolling pins, baking sheets, baking pans are as important as well.

### **Examples of Baked Desserts**

- Cakes
- Cookies
- Pies
- Puddings

If you are an avid baker, then that is a good start towards having delicious and yummy baked desserts. However, if you prefer to go the simpler way, you can always have the commercially made baked desserts, though they may be a bit expensive.

### **“Home made or commercially made baked desserts?”**

There are confusions that arise whether homemade baked desserts are better than those commercially made. Accordingly, homemade baked desserts are better. Because these baked desserts are homemade, you cannot expect homeowners to have their own baking ovens and machines at home, except for some perhaps. Let us take for example baking homemade cakes. Baking cakes need primarily hand mixers. Professional bakers say that baking cake dough manually gives a more fluffy consistency of the cakes, as compared to those that were missed using electronic hand mixers. No one can really tell what the real explanation of this one is. Apparently, most professional homemade bakers prove this idea. With commercially baked cakes, because they are commercially done, there is a great probability of having cakes not as yummy as the homemade ones.

## **“Cookie Baking Tips”**

Before you decide making cookies for desserts, it is better if you understand more what the differences are between the average commercial bakery and the home kitchen.

There are basically four major factors done commercially that are most often overlooked by the average home bakers.

- Average home bakers do not have their own stone ovens, except for some. Commercial bakeries have their own stone shelves, and these shelves disperse heat to pans in a more even manner.
- The quality and the thickness of the cookie sheets matter a lot. The sheets used in commercial bakeries are about two to three inches thicker compared to the sheets used in average home bakers. If you are a home baker and you wish to have your own standard cookie sheets, it is recommended that you check your local restaurant supply shops that can give you better cookie sheets than those from local supermarkets.
- As much as possible, use parchment papers before you put cookies on cookie sheets. That way, you will not have a hard time removing your cookies from the paper and your sheets wont get cruddy and unpleasant.
- Portion control is very important. As much as possible, keep your cookies on equal sizes so they will bake evenly. The best way to do this is to use ice cream scoops.

Another thing to be considered when doing baked desserts are proper and exact measurements of the ingredients. Professional bakers advice home bakers to get

the proper measurements of the materials because in baking, there is a very small room for mistakes.

Baked products really have a variety of types that one can choose from. If you consider doing home made baked products and desserts, make sure you have all the ingredients at home together with the proper ovens and other materials.

But if you prefer not to have your baked desserts homemade, your commercial bakeries are just phone calls away.

### **Non-Baked Desserts**

Non-baked desserts are very easy to have so long as you have the proper ingredients, together with careful planning. Most non-baked desserts are made up of fruits and other organic materials, thus making it a healthy alternative for great desserts.

Compared to baked desserts, non-baked desserts are very easy to make and it do not take much of your time. These are as yummy as the baked desserts, and they are not that expensive and difficult to prepare.

### **Frozen Desserts/ Frozen Delights**

These are the types of desserts loved by almost everybody. Great examples are ice creams, yogurts, sorbets, gelatos, sherbets, and popcycles.

Frozen desserts are best served on warm summer days. Your kids will surely love to have a treat of frozen desserts, won't they? Because frozen desserts mainly use dairy products like milk and butter, expect them to add a few calories on your diets. However if you prefer those that do not add a lot to your calories, there are frozen desserts that make use of low fat ingredients and dairy products.

## **Vegan Desserts**

Vegan desserts, as the name imply, are those desserts that are vegetable based. These ones are designed to cater to vegetarians as well as health conscious people. The ingredients that are used have very low calorie and fat content.

### **Some Great Dessert Tips**

- Instead of using flour, using fine bread crumbs on greased cake pans are better. This is for the cake to be removed easily.
- After baking, cool tube pan cakes upside down on empty wide bottles so they will not fall back in on itself.
- For you to achieve perfect soufflés, to top rims of your molds must be greased properly. If your soufflés stick to the top, this will develop a rounded top instead of rising out from the molds.
- For the health conscious ones, reducing sugar and pumping up flavors with the aid of other spices like cinnamon and nutmegs are great ideas. Sweeten your recipes with any available spreadable fruits. Furthermore, using brown sugar instead if the white ones are great ways to reduce carbohydrates. Likewise, brown sugar can add tenderness and moisture to your recipes plus they help enhance the flavors of your chocolates.
- If you wish to melt chocolates, whether on stovetops or ovens, and microwaves, make it a point to double check your pans and that they

should be dry. Even a single drop of water can make chocolates clump together.

- If you are baking more than one pan of cookies, it is advised to double your pans on the bottom racks, where heat is a lot stronger.
- Keep track that butters should not lose its original shape; that it should be perfectly softened when it dents with your finger.
- Have a complete set of measuring cups and measuring spoons. These come in handy in certain cases where one of them gets wet.
- To keep your nuts crispy, store them in sealed plastic bags before you place them on you freezers.
- To prevent fruits from ripening in shorter times, placing them in paper bags with either apples or oranges, folding the top of the bags and leaving them overnight are great ways. Apples and bananas emit natural ethylene gas, which aids in hastening fruit ripening.

In some cuisines, desserts are not used as separate parts at the end of every meal. In these cuisines, sweet dishes and desserts are eaten during the meals itself. In some, desserts are never part of a meal. They are reserved for special occasions only.

Desserts are eaten as separate meals sometime every after meal. But this is done usually on a casual setting. In an American concept, any sweet dishes that follow right after each meal can be considered as desserts.

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