

November 2025



Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

FCS Newsletter

Hopkins County Cooperative Extension Services

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HAPPY
THANKS
GIVING



Following us online is an easy
way to keep up with Hopkins
County Extension Family and
Consumer Sciences

All FCS classes, unless otherwise noted, will be held in the
Extension Office Education Center, Room A. Please use entrance 7.

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

HOW TO BAKE BETTER

Cooking and baking — is there a difference? Cooking can be sweet or savory and does not require a recipe. Baking is more of a science, where teaspoons and ounces need to be exact for a quality product. There are a few hacks, if you will, that will ensure your baked products turn out perfectly every time.

- Preheat the oven. Most baked goods require a leavening agent that reacts with heat and other ingredients to make the product rise.
 - Set the timer. Burnt cookies don't taste good and are a waste of time, effort, and money. Once you have set the timer, resist opening the door to check on the product. Opening the door decreases the oven temperature, causing cakes to collapse if the oven is opened too often.
 - Grease your pans correctly. You don't want to leave half the chocolate cake in the pan because it is stuck to the bottom. The best way to grease cake pans is to coat the sides and bottom with butter (use a little on waxed paper or a paper towel for ease of cleanup), and then lightly flour the pans. Using a parchment paper round that you have cut to fit also keeps the bottom from sticking to the pan.
 - Measure flour correctly. Scooping out of the bag is not an accurate way to measure flour. Spoon the flour into the measuring cup, and then use a straight edge to level off the top.
 - Sift some ingredients. While sifting flour is usually unnecessary, sifting cocoa powder or powdered sugar will prevent them from clumping.
 - Use the correct leavening agents. Baking soda is sodium bicarbonate, which requires an acid and liquid to activate and helps baked goods rise. Baking soda is 3 to 4 times stronger than baking powder but creates a metallic, soapy taste if you add too much or forget the acid. Baking powder is a combination of baking soda and an acid, usually cream of tartar. Baking powder only needs a liquid to be activated. Most baking powder is double acting: first when it gets wet and then again when it is heated. Dried yeast must be rehydrated with warm moisture first and then it releases carbon dioxide for rising by feeding off the sugar in the recipe. Liquid above 115 degrees Fahrenheit will kill the yeast so your product will not rise. Less than 110 degrees will keep it from becoming rehydrated. Yeast gives a characteristic aroma and flavor to breads.
 - Resist overmixing. If you overmix cake batter, it will be tough and muffins will have tunneling inside. Go for tender and moist by just mixing until small bits of flour show.
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HOW TO BAKE BETTER.....

- Use substitute ingredients that you know work. For example, 1 tablespoon of vinegar or lemon juice plus enough milk to measure 1 cup is an acceptable substitute for buttermilk. If you use buttermilk instead of milk, you will need to substitute baking soda for some or all of the baking powder as the acid in the buttermilk reduces the carbon dioxide released.

Enjoy the baking process! There is nothing better than a kitchen full of the aromas of baking your favorite recipe.

SOURCE: DR. SANDRA BASTIN, RDN, LDN, EXTENSION PROFESSOR, FOOD AND NUTRITION SPECIALIST

**REFERENCE: FOOD NETWORK, BAKING INGREDIENT GUIDE
SCAN TO SEE REFERENCES.**



PENNYRILE AREA ANNUAL DAY MEETING A SUCCESS

The Pennyrile Area Annual Day Meeting was held on October 17th at the Hopkins County Extension Office.

Thanks to the hard work of the Hopkins County Homemaker officers and many dedicated club volunteers, the event was a great success. A total of 122 Homemakers from across the Pennyrile Area attended. Guests enjoyed an inspiring presentation from Mahr Park Director Ashton Robinson and lively entertainment provided by the Pennyrile Dulcimer Players.





Cooperative
Extension Service

SAVOR THE FLAVOR: A SERIES 5:30 PM - 7 PM

A hands on learning opportunity!

TUESDAY, NOV. 5 - BUILDING FLAVOR WITH HERBS

TUESDAY, DEC. 9 - SEASONING WITH SPICES

Scan this QR code or call (270) 821-3650 to sign up.

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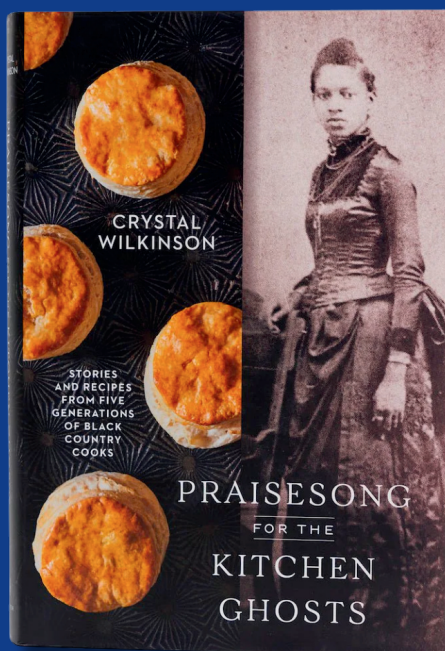
BIG BLUE BOOK CLUB

Scan here to register!



November 3rd
November 10th
November 17th

1:30 ET/12:30 CT Via Zoom



MASTER MERINGUE IN TIME FOR THE HOLIDAYS

THURSDAY, NOV. 13 10 A.M. & AGAIN AT 5 P.M.

A hands on learning opportunity!

Please bring your own hand mixer.

Scan this QR code or call (270) 821-3650 to sign up.



\$5 Class Fee