

HIGH ALTITUDE ADJUSTMENT CHART FOR BAKING SUCCESS -- HIGHALTITUDEBAKER.COM -- ELEVATING BAKING AND COOKING ABOVE 3,000'

IF YOU KNOW YOUR RECIPE WAS CREATED FOR SEA LEVEL - USE THE YELLOW CHART BELOW - IF YOU DON'T KNOW, CHECK THE BLUE CHART FOR LEAVENING AVERAGES FOR HIGH ALTITUDE ADJUSTED RECIPES

KNOWN SEA LEVEL RECIPE

FOR KNOWN SEA LEVEL RECIPES ONLY... READ THE RECIPE THOROUGHLY TO SEE IF THE AUTHOR GAVE HIGH ALTITUDE INSTRUCTIONS. IF NOT USE THIS CHART FOR BEST PRACTICE ADJUSTMENTS	ELEVATION of the Kitchen you are Baking In	Difficulty Level on the Mountain Compared to a High Altitude Kitchen (For Fun, Any Elevation results in Experimentation)	For KNOWN Sea Level Recipes - REDUCE LEAVENING (Baking Soda + Baking Powder) by	For KNOWN Sea Level Recipes - REDUCE SUGAR per 1 CUP of Sugar	For KNOWN Sea Level recipes - INCREASE FLOUR per 1 CUP Flour/Cocoa	For KNOWN Sea Level recipes - INCREASE LIQUID (water, milk, egg, oil, etc.) per 1 CUP of Liquid	Know Recipe Origins Still INCREASE OVEN Temp BY:	Use a Digital Thermometer for Internal Temperature	CREAMING = Cream Butter & Sugar for 6 Minutes Until Soft & Fluffy	Weigh Ingredients Whenever Possible	DON'T rely on a "ding" - Check OVEN Temperature with a Thermometer	Flour with Protein Count >=11.7%	Add Additional Vanilla and/or Extracts to Compensate for Altitude	Bake a TEST COOKIE or MUFFIN
			75%	3 Tbsp	3 Tbsp	3 Tbsp	25°	Yes	Yes	Yes	Yes	Yes	Yes	
	10,000' & up	Terrain Park - Backflip	75%	3 Tbsp	3 Tbsp	3 Tbsp	25°	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	9,000 - 10,000'	Expert Black Diamond	75%	3 Tbsp	3 Tbsp	3 Tbsp	25°	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	8,000 - 9,000'	Black Diamond	50%	3 Tbsp	3 Tbsp	3 Tbsp	25°	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	7,000 - 8,000'	Double Blue Diamond	50%	2 Tbsp	2 Tbsp	2 Tbsp	20°	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	6,000 - 7,000'	Blue Diamond	25%	2 Tbsp	2 Tbsp	2 Tbsp	20°	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	5,000 - 6,000'	Green	25%	2 Tbsp	2 Tbsp	2 Tbsp	15°	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	4,000 - 5,000'	Magic Carpet	25%	1 Tbsp	1 Tbsp	1 Tbsp	15°	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	3,000 - 4,000'	Walking in Ski Boots	None Needed	1 Tbsp	1 Tbsp	1 Tbsp	None Needed	Yes	Yes	Yes	Yes	Yes	Yes	Yes

IF YOU DON'T KNOW WHAT ALTITUDE THE RECIPE WAS CREATED FOR - USE THE CHART BELOW - YOU COULD BE WORKING WITH A RECIPE ALREADY ADJUSTED FOR ALTITUDE - YOU CAN USUALLY TELL BY THE LEAVENING IN THE RECIPE

UNKNOWN RECIPE ORIGIN

IF YOU'RE UNCERTAIN ABOUT THE RECIPE'S ORIGINAL ALTITUDE CREATION, CONSULT THE RIGHT THREE COLUMNS FOR THE IDEAL LEAVENING RANGE TO DETERMINE IF YOUR RECIPE FALLS WITHIN IT.	REFERENCE INFORMATION FOR Elevation	For UNKNOWN Original Elevation recipes IDEAL Leavening (Baking Soda + Baking Powder) per Cup of Flour * as a guide not a rule	For UNKNOWN Original Elevation recipes IDEAL Leavening (Baking Soda + Baking Powder) per 2 Cups of Flour * as a guide not a rule	IF THE AMOUNT OF LEAVENING IN YOUR RECIPE IS ALREADY IDEAL, YOU MIGHT BE WORKING WITH A RECIPE THAT'S ALREADY ADAPTED FOR HIGH ALTITUDE OR ONE THAT DOESN'T REQUIRE ANY SMALL CHANGES.	For UNKNOWN Original Elevation recipes - INCREASE FLOUR per 1 CUP Flour/Cocoa	Know Recipe Origins Still INCREASE OVEN Temp BY:	Use a Digital Thermometer for Internal Temperature	CREAMING = Cream Butter & Sugar for 6 Minutes Until Soft & Fluffy	Weigh Ingredients Whenever Possible	DON'T rely on a "ding" - Check OVEN Temperature with a Thermometer	Flour with Protein Count >=11.7%	Add Additional Vanilla and/or Extracts to Compensate for Altitude	Bake a TEST COOKIE or MUFFIN	Boiling Point of Water **Approximately
		1/4 ~ 1/2 tsp*	1/2 ~ 1 tsp*		2 Tbsp	25°	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	10,000' & up	1/4 ~ 1/2 tsp*	1/2 ~ 1 tsp*	2 Tbsp	25°	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	194°F (90°C) **
	9,000 - 10,000'	1/4 ~ 1/2 tsp*	1/2 ~ 1 tsp*	2 Tbsp	25°	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	195°F (91°C) **
	8,000 - 9,000'	1/4 ~ 1/2 tsp*	1/2 ~ 1 tsp*	2 Tbsp	25°	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	197°F (92°C) **
	7,000 - 8,000'	1/2 ~ 3/4 tsp*	1 ~ 1.5 tsp*	1 Tbsp	20°	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	198°F (92°C) **
	6,000 - 7,000'	1/2 ~ 3/4 tsp*	1 ~ 1.5 tsp*	1 Tbsp	20°	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	200°F (93°C) **
	5,000 - 6,000'	3/4 ~ 1 tsp*	1.5 ~ 2 tsp*	1 Tbsp	20°	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	202°F (94°C) **
	4,000 - 5,000'	3/4 ~ 1 tsp*	1.5 ~ 2 tsp*	None Needed	15°	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	204°F (95°C) **
	3,000 - 4,000'	3/4 ~ 1 tsp*	1.5 ~ 2 tsp*	None Needed	None Needed	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	206°F (97°C) **

TO TRULY PEEK INTO THE SOUL OF YOUR BAKE WITHOUT PLAYING A GAME OF 'OVEN PEEKABOO', DITCH THE TOOTHPICK (LET'S BE REAL, IT'S NEVER LONG ENOUGH) AND EMBRACE THE TRUSTY DIGITAL INTERNAL PROBE THERMOMETER. IT'S LIKE HAVING X-RAY VISION FOR YOUR BAKE!

INTERNAL TEMPERATURE FOR BEST PRACTICE

Cakes & Muffins	Breads/Quick Breads	Pastries/Pies	Popular Meals
Pound Cake: 210°F	White Bread: 190-210°F	Croissant: 190-200°F	Roast Chicken: 165°F
Sponge Cake: 200°F	Wheat Bread: 190-210°F	Danish: 190°F	Beef Lasagna: 165°F
Chocolate Cake: 200-210°F	Sourdough: 205-210°F	Puff Pastry: 200°F	Meatballs: 160°F
Blueberry Muffins: 200°F	Banana Bread: 200-205°F	Apple Pie: 175-185°F	Grilled Salmon: 145°F
Chocolate Cupcakes: 205°F	Zucchini Bread: 200-205°F	Pecan Pie: 200°F	Pork Chops: 145°F
Banana Muffins: 205°F	French Bread: 190-210°F	Lemon Tart: 180°F	Chicken Pot Pie: 165°F
Cheesecake: 150°F - 160°F	Challah: 190-210°F		BBQ Chicken: 165°F
Angel Food Cake: 205°F - 210°F	Panettone: 190-200°F		Stuffed Peppers: 165°F (meat filling)
Flourless Choc. Cake: 200°F - 210°F	Bagels: 190°F - 200°F		Baked Macaroni and Cheese: 165°F
Vanilla Cake: 205°F - 210°F	Pretzels: 190°F - 200°F		Shepherd's Pie: 165°F
Coffee Cake: 200°F - 210°F	Baguette: 190°F - 210°F		Beef Roast: 160°F for medium

PASTA @ ALTITUDE

Elevation	Spaghetti	Fettuccine	Penne	Macaroni	Rigatoni	Lasagna	Ravioli	Boiling Point of Water
10,000' & up	18	20	19	17	21	38	15	194°F (90°C) **
9,000 - 10,000'	17	19	18	16	20	37	14	195°F (91°C) **
8,000 - 9,000'	16	18	17	15	19	36	13	197°F (92°C) **
7,000 - 8,000'	15	17	16	14	18	35	12	198°F (92°C) **
6,000 - 7,000'	14	16	15	13	17	34	11	200°F (93°C) **
5,000 - 6,000'	13	15	14	12	16	33	10	202°F (94°C) **
4,000 - 5,000'	12	14	13	11	15	32	9	204°F (95°C) **
3,000 - 4,000'	11	13	12	10	14	31	8	206°F (97°C) **

ADDITIONAL INFORMATION AND TIPS CAN BE FOUND AT:

www.HIGHALTITUDEBAKER.COM

FOR MY AFFILIATE LINK TO THE DIGITAL PROBE THERMOMETER THAT I USE IN MY KITCHEN AT 8,750' CLICK HERE...

<https://amzn.to/3U6lFbc>