

SF CTE Academy

Brittney Tuttle

Ava Gonzalez





# ProStart Cake Decorating Confirmation of Student Participation

School Name: Sioux Falls CTE Academy

I Janelle Whempner (Instructors Name) verify that Brittney Tuttle  
(student baker) and Ava Gonzalez (student baker) completed all  
aspects of this project on their own, under my supervision.

Instructor Signature Janelle Whempner Date 3-6-24

Attachment A

## Recipe Cost Worksheet

<b>State Name</b>	South Dakota		
<b>Educator Name</b>	Janelle Whempner		
<b>Menu Item</b>	Guinness-Inspired Chocolate Cake		
<b>Number of Portions</b>	24 slices	<b>Portion Size</b>	1 slice

ingredient	purchase Unit	purchase cost	unit cost	Amount needed	Ingredient Cost
Dr.Pepper	0.12 oz.	5.99	0.50	48 oz	\$2.00
A.P Flour	2,263 g	4.19	0.002	438 g	\$0.88
Cocoa powder	226 g	6.29	0.028	124 g	\$3.47
Sugar	1810 g	3.24	0.002	700 g	\$1.40
Espresso Powder	55 g	7.39	0.134	8 g	\$1.07
Regular Oil	2,840 mL	10.49	0.004	241 mL	\$0.96
Sour Cream	454 g	1.88	0.004	180 g/ $\frac{3}{4}$ c	\$0.72
Eggs	12 eggs	4.19	0.350	4 eggs	\$1.40

Vanilla Extract	2 oz.	10.49	5.25	0.6 oz	\$3.15
Buttermilk	8 c	3.69	0.46	120 mL/ ½ c	\$0.23

<b>Subtotal</b>	\$15.28
<b>1 % for small amounts of spices (Q Factor)</b>	\$0 .153
<b>2 % for frying oil</b>	NA
<b>Total Recipe Cost</b>	\$15.43
<b>Portion Cost</b>	\$0.64

Ingredients	
Item	Amount
Dr.Pepper	1 can ( 12oz )
A.P Flour	1 3/4c
Cocoa Powder	3/4 c
Sugar	1 3/4
Espresso Powder	2t
Regular Oil	1/2 c
Sour cream	3/4c
Eggs	2
Vanilla Extract	2t
Buttermilk	1/2 c

## Procedure

1. (If you're doing real Guinness) In a large saucepan, bring the Guinness to a boil over medium heat and let simmer for about 30 minutes. While it's simmering, start making the cake batter and use ½ cup of the hot reduced Guinness into cake batter. Set aside to rest and cool down.
2. Preheat the oven to 350 F (177 C) then grease your cake pans whatever size you use then line with parchment paper so it is easier for the cake to come out of the pan.
3. While the Guinness simmers, get a large bowl to whisk in the flour, cocoa powder, sugar, baking soda, baking powder, salt, and espresso powder (if using), after set aside.
4. Is using handheld or stand mixer with a whisk attachment (or use a whisk if handheld). Mix the oil, sour cream, eggs, and vanilla all together on medium-high speed until fully combined. Pour the buttermilk in until combined. After that pour wet ingredients into the dry ingredients mix for about 2 minutes then add ½ cup of that reduced Guinness. Mix or whisk on low until the batter is combined and is thin.
5. Divide the batter into pans that you're using then bake for 25-28 minutes, or if using the toothpick method it should come out clean after being inserted in the center of the cake. (When it's done it should slightly sink in the center of the cake because the cocoa powder is not as structurally strong as all purpose flour, which can't hold the moisture to make a moist chocolate cake.)
6. Remove cakes from the oven and set on a wire rack. Let them completely cool in the pans

## Recipe Cost Worksheet

<b>State Name</b>	South Dakota		
<b>Educator Name</b>	Janelle Whempner		
<b>Menu Item</b>	Dr.Pepper Chocolate Frosting		
<b>Number of Portions</b>	24	<b>Portion Size</b>	

ingredient	purchase Unit	purchase cost	unit cost	Amount needed	Ingredient Cost
Cream Cheese	8 oz	2.89	0.361	16 oz	\$5.78
Butter	2 c	3.68	1.84	1 Cup	\$1.84
Confectioners Sugar	7.25 c	2.18	.300	5 Cups	\$1.50
Cocoa Powder	226 g	6.29	.028	82 g	\$2.30
Dr.Pepper	144 oz	5.99	.416	1.5 oz	\$0.624



<b>Subtotal</b>	\$12.05
<b>1 % for small amounts of spices (Q Factor)</b>	\$0.12
<b>2 % for frying oil</b>	NA
<b>Total Recipe Cost</b>	\$12.17
<b>Portion Cost</b>	\$0.51

Ingredients	
Item	Amount
Cream Cheese	8oz
Butter	12oz
Confectioner's Sugar	2 1/2 c
Cocoa Powder	1/2 c
Dr.Pepper	3T

Procedure
<ol style="list-style-type: none"> <li>1. With a handheld or stand mixer fitted with a paddle attachment, beat the cream cheese and butter together on medium speed until creamy and smooth,</li> <li>2. about 2 minutes. Add confectioners' sugar, cocoa powder, 3 Tablespoons cooked reduced Guinness, ( in this case dr pepper ) , and a pinch of salt.</li> <li>3. Beat on low speed for 30 seconds, then increase to high speed and beat for 1 full minute. Do not over- whip.</li> <li>4. Add a couple more Tablespoons of confectioners' sugar or cocoa powder if the frosting is too thin.</li> </ol>

## Recipe Cost Worksheet

<b>State Name</b>	South Dakota		
<b>Educator Name</b>	Janelle Whempner		
<b>Menu Item</b>	Raspberry Dessert Sauce		
<b>Number of Portions</b>	2 Cups/ 16 oz (24)	<b>Portion Size</b>	1 T

ingredient	purchase Unit	purchase cost	unit cost	Amount needed	Ingredient Cost
Corn Starch	16 oz	3.19	0.199	3.1 T	\$0.62
Frozen Rasp.	12 oz	7.39	0.616	24 oz	\$14.78
Sugar	1,810 g	3.24	0.002	100 g	\$0.20
Lemon	1	0.99	0.99	½ lemon	\$0.50
Vanilla Extract	2 oz	10.49	5.25	0.15	\$0.79

<b>Subtotal</b>	\$16.89
<b>1 % for small amounts of spices (Q Factor)</b>	-
<b>2 % for frying oil</b>	-
<b>Total Recipe Cost</b>	\$16.89
<b>Portion Cost</b>	\$0.70

<b>Ingredients</b>	
<b>Item</b>	<b>Amount</b>
Corn Starch	2 t
Frozen Raspberries	3c
Sugar	¼ c
Vanilla Extract	1/2 t
Lemon	1t

### Procedure

1. Whisk the cornstarch and water together until the cornstarch has dissolved
2. Combine the cornstarch and water mixture with the raspberries, granulated sugar and lemon juice in a small saucepan over medium heat. use a spatula and mash the raspberries as the pan heats.
3. Bring the mixture to a boil and let sit for 3 minutes and stir occasionally than bring off the heat and add ½ teaspoon of vanilla extract for a richer flavor
4. For the sauce to thicken, put the sauce into the refrigerator so you can strain the mixture as desired.
5. This sauce will last up to 1 week in the fridge.

## Recipe Cost Worksheet

<b>State Name</b>	South Dakota		
<b>Educator Name</b>	Janelle Whempner		
<b>Menu Item</b>	White Chocolate Buttercream		
<b>Number of Portions</b>	24	<b>Portion Size</b>	2 T

ingredient	purchase Unit	purchase cost	unit cost	Amount needed	Ingredient Cost
White Choc.	4 oz	4.19	1.05	12 oz	\$12.60
Butter	2 C	3.68	1.84	2 C	\$3.68
Powder Sugar	7.25 C	2.18	0.300	4 C	\$1.20
Heavy Cream	2 C	5.29	2.65	½ C	\$1.32
Vanilla Extract	2 oz	10.49	5.25	0.10	\$.05

<b>Subtotal</b>	\$18.85
<b>1 % for small amounts of spices (Q Factor)</b>	+ .19
<b>2 % for frying oil</b>	-
<b>Total Recipe Cost</b>	\$19.04
<b>Portion Cost</b>	\$0.79

<b>Ingredients</b>	
<b>Item</b>	<b>Amount</b>
White Chocolate	6 oz
Butter	1c
Powder Sugar	2c
Heavy Cream	1/4c
Vanilla Extract	1t

### Procedure

1. Chop the white chocolate up to make it easier to melt.
2. Using the double boiler method, place the chocolate in a bowl until it melts or if you are using the microwave melt in a microwave safe bowl in 20 second increments. Then stir
3. In a medium bowl using a handheld or stand mixer fitted with a paddle attachment, beat the butter on medium speed for 1 minute. Switch the mixer to low speed and slowly add the confectioners' sugar.
4. Stir and cool the chocolate and add it to the butter and sugar mixture. Set the mixer to a medium speed and beat for about 2 minutes.
5. Add the cream and the vanilla extract and beat for another 1 minute than add 1T is the buttercream is to thick
6. Use immediately or cover tightly and store for up to 1 week in the refrigerator or up to 3 months in the freezer. After freezing, thaw in the refrigerator, then beat the frosting on medium speed for a few seconds so it's creamy.

## Recipe Cost Worksheet

<b>State Name</b>	South Dakota		
<b>Educator Name</b>	Janelle Whempner		
<b>Menu Item</b>	MarshMallow Fondant		
<b>Number of Portions</b>	32 T	<b>Portion Size</b>	1 T



ingredient	purchase Unit	purchase cost	unit cost	Amount needed	Ingredient Cost
Mini Marsh.	16 oz	2.89	0.181	16 oz	\$2.89
Powder Sugar	7.25 C	2.18	0.301	8 C	\$2.41
Veg. Shortening	453 g	5.29	0.012	60 g	\$0.72

<b>Subtotal</b>	\$6.02
<b>1 % for small amounts of spices (Q Factor)</b>	-
<b>2 % for frying oil</b>	-
<b>Total Recipe Cost</b>	\$6.02
<b>Portion Cost</b>	0.19

<b>Ingredients</b>	
<b>Item</b>	<b>Amount</b>
Mini Marshmallows	16oz
Powder Sugar	8c
Vegetable Shortening	1/3c

<b>Procedure</b>
<ol style="list-style-type: none"><li>1. Using the double boiler method put the marshmallows in a bowl and melt</li><li>2. Place about 5 cups of the powdered sugar on top of the melted marshmallow mixture and gently fold it into the marshmallows.</li><li>3. Grease your hands and your counter generously with shortening. Turn marshmallow mixture onto the counter and start kneading it like you would dough.</li><li>4. Add more confectioners' sugar as needed and re-grease your hands and the counter as needed.</li></ol>

## Recipe Cost Worksheet

<b>State Name</b>	South Dakota		
<b>Educator Name</b>	Janelle Whempner		
<b>Menu Item</b>	Gold coins		
<b>Number of Portions</b>	24	<b>Portion Size</b>	1 Coin

ingredient	purchase Unit	purchase cost	unit cost	Amount needed	Ingredient Cost
Candy	12 oz	2.57	0.21	12 oz	\$2.57

<b>Subtotal</b>	\$2.57
<b>1 % for small amounts of spices (Q Factor)</b>	NA
<b>2 % for frying oil</b>	NA
<b>Total Recipe Cost</b>	\$2.57
<b>Portion Cost</b>	\$0.11

<b>Ingredients</b>	
<b>Item</b>	<b>Amount</b>
Chocolate	12 oz

<b>Procedure</b>
<ol style="list-style-type: none"><li>1) Using the double boiler method, fill a pot with water about half way.</li><li>2) Turn the pot on medium heat and place a bowl on top with the chopped chocolate or chocolate melts on the pot.</li><li>3) Stir with a spatula until melted then get a glass and a piping bag and place the chocolate into it to make it easier to place into the molds.</li><li>4) Let sit in the fridge overnight to harden than when done pop them out.</li></ol>

## Cake Menu Price Worksheet

<b>State Name</b>	South Dakota
<b>Educator Name</b>	Janelle Whempner

<b>Recipe</b>	<b>Cost</b>
Guinness inspired cake	\$15.43
Marshmallow fondant	\$6.02
Dr.pepper filling	\$16.89
Raspberry filling	\$16.89
Buttercream frosting	\$19.04
Gold coins/pot	\$2.57

<b>Total Cost</b>	\$72.12
<b>Menu Price at 33% Food Cost</b>	\$77.34
<b>Labor (work hours ____ x \$22 per hour)</b>	\$88
<b>Actual Cake Price</b>	\$165.34