

Sturgis Brown High School



*Abigale Enninga
&
Kaitlyn Brown*

We wanted our cake whimsical and fun but also very symbolic of Ireland. We used the flower of Ireland, the shamrock, which represents luck for some and for others the holy trinity. Since St. Patrick's Day is upon us, we used the Celtic Cross which consists of a Christian Cross with an interlocking ring pattern that is like Viking rings. We also used two Celtic Knots that have no beginning and no end and are used widely in the Irish Culture. The Trinity Knot or Triquetra represents unity, love, and life. The Dara Knot or Doire Knot is tied to the oak tree as a symbol of wisdom, strength, and love. These symbols represent the heart of Ireland. A culture that has lots of beliefs and as a country symbolize unity and love. Our quote, "May Your Pockets Be Heavy and Your Hearts Be Light," ties our cakes representation to the theme, "Luck O' The Irish." Our lucky leprechaun and good Celtic fairy are dancing on the rainbow up in the clouds and shaking down good luck and fortune upon Ireland below.

**Note: We may have
A slight change to
How we present the
quote**



ProStart Cake Decorating Confirmation of Student Participation

School Name: Sturgis Brown Highschool

I Mica Subback Potalle (Instructors Name) verify that Abigail Enninga
(student baker) and Kaitlyn Brown (student baker) completed all
aspects of this project on their own, under my supervision.

Instructor Signature Mica Subback Potalle Date 2-28-2024

Attachment A

Recipe Worksheet

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|----------------------|---------------------------|
| School Name | Sturgis Brown High School |
| Educator Name | Mica Sulzbach-Bataille |

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|----------------------------|---|---------------------|----|
| Menu Item | Marshmallow Fondant 4X recipe | | |
| Number of Portions | Covering 12 x 18 Cake | Portion Size | 7# |
| Cooking Method(s) | | | |
| Recipe Source (MLA) | Rosanna Pansino, <i>You Tube Video</i> , https://www.youtube.com/watch?v=mvfkj5ZJvVU Premiered May 28, 2019 | | |

| Ingredients | |
|----------------|--------------|
| Item | Amount |
| Marshmallows | 4- 10oz Bags |
| Powdered Sugar | 24 cups |
| Water | 12 TBSP |
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| Procedure |
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| <ol style="list-style-type: none"> 1. Mix marshmallows and water together to coat with water in a microwavable bowl. You may have to make one 10 oz bag of marshmallows recipe at a time. 2. Microwave for 30 sec and then mix and repeat until all the marshmallows are melted and smooth. Add food coloring now it will mix in better if you are only doing one color. 3. In a much bigger bowl sift 12 cups of powdered sugar. 4. Make a well and pour in the melted marshmallows in the middle and then sift the other 12 cups of powdered sugar on top. 5. Grease hands with Crisco and start kneading until all the powdered sugar is mixed. 6. Turn out on to a work surface and finish kneading the dough. If too sticky add powdered sugar if too dry add more water. |

Recipe Cost Worksheet

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|---------------------------|-------------------------------|---------------------|-----|
| School Name | Sturgis Brown High School | | |
| Educator Name | Mica Sulzbach-Bataille | | |
| Menu Item | Marshmallow Fondant 4X recipe | | |
| Number of Portions | Covering 12 X 18 cake | Portion Size | 7 # |

| Ingredient | Purchase Unit | Purchase cost | Unit cost | Amount Needed | Ingredient Cost |
|----------------|-------------------|---------------|------------|---------------|-----------------|
| Marshmallows | 10 oz | \$ 1.56 | \$.156/oz | 40 oz | \$ 6.24 |
| Powdered Sugar | 7 # | \$ 6.98 | \$ 1.00/# | 4 # | \$ 4.00 |
| Water | 40ct 16oz bottles | \$ 5.36 | \$.008/oz | 4 oz | \$.032 |
| | | | | | |
| Gel Color | (18) 6g bottles | \$11.99 | \$.111/g | 1 g | \$.111 |
| Lemon extract | 2 oz | \$ 3.62 | \$.905 | 1 TBSP | \$.905 |
| Luster Dust | (12) 5g bottles | \$ 26.00 | \$.433/g | 1 g | \$.433 |
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|--------------------------|-----------|
| Subtotal | \$ 11.721 |
| Total Recipe Cost | \$ 11.72 |

Recipe Worksheet

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|----------------------|---------------------------|--|--|
| School Name | Sturgis Brown High School | | |
| Educator Name | Mica Sulzbach-Bataille | | |

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|----------------------------|---|---------------------|------------------|
| Menu Item | Italian Meringue Buttercream | | |
| Number of Portions | 3-Double Recipes | Portion Size | Makes 40-45 cups |
| Cooking Method(s) | Hot Sugar Boiling/ | | |
| Recipe Source (MLA) | Chef Mica Sulzbach-Bataille Recipe from French Culinary Institute | | |

| Ingredients | |
|--|--------|
| Item | Amount |
| Granulated Sugar (1 st one) | 1800 g |
| Egg Whites | 900 g |
| Granulated Sugar (2 nd one) | 450 g |
| Water | 900 g |
| Butter (each pound should be cut up into little pieces) | 2400 g |
| Olive Nation Irish Cream Super Flavoring | 1 TBSP |
| This is a large amount that will be made in 3 rounds not all at once. Unless you have a med large Hobart. A 5-6 qt kitchen aid is too small for the entire recipe. | |

| Procedure |
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| <ol style="list-style-type: none"> 1. Mix large sugar and water in a shallow pot with a candy thermometer inserted and place on med-high heat. 2. At the same time place egg white in Kitchen aid or Hobart mixer with a whisk attachment and start on low-med speed until its frothy and white. 3. Turn speed up on the mixer at this point to med high and slowly add in the small sugar. Then turn mixer to high. Let whip until the hot sugar syrup is temping at 238°F. 4. When hot sugar reaches this temp, turn off your fire, and turn your mixer down to med high. 5. Carefully and slowly pour the hot sugar into the egg whites down one side. When it is all in the mixer, turn your mixer up to high and let whip until the bowl is no longer hot and the meringue is at hard peak. 6. Add in your flavoring at this time on low speed. 7. Then change whisk to paddle and start adding small pieces of butter let each that you add mix into the meringue. 8. When all the butter is added turn mixer back up to high and let it whip. At first it will look chunky almost curdled that will go away and pull together into a beautiful and fluffy icing. Keep chilled but not too cold or too warm. If too soft refrigerate like 20 minutes and then whip a little. |

Recipe Cost Worksheet

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|---------------------------|------------------------------|---------------------|------------------|
| School Name | Sturgis Brown High School | | |
| Educator Name | Mica Sulzbach-Bataille | | |
| Menu Item | Italian Meringue Buttercream | | |
| Number of Portions | 3-Double Recipes | Portion Size | Makes 40-45 cups |

| Ingredient | Purchase Unit | Purchase cost | Unit cost | Amount Needed | Ingredient Cost |
|---|-------------------|---------------|-------------|--------------------|-----------------|
| Granulated Sugar (1 st one) | 10# | \$ 7.28 | \$.331/cup | 1800 g = @ 9cups | \$ 2.979 |
| Egg Whites | 60 case eggs | \$ 10.25 | \$.171 | 900 g = 30 eggs | \$ 5.13 |
| Granulated Sugar (2 nd one) | 10# | \$ 7.28 | \$.331/cup | 450 g = @ 2 ¼ cups | \$.741 |
| Water | 40ct 16oz bottles | \$ 5.36 | \$.134/oz | 900 g = @ 32 oz | \$.268 |
| Butter (each pound should be cut up into little pieces) | 4-400g boxes | \$ 13.28 | \$ 3.32/box | 2400 g = 6 boxes | \$ 19.92 |
| Olive Nation Irish Cream Super Flavoring | 2 oz | \$ 12.00 | \$ 3.00 | 1 TBSP | \$ 3.00 |
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| Subtotal | \$ 32.038 |
| Total Recipe Cost | \$ 32.04 |

Recipe Worksheet

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|----------------------|---------------------------|
| School Name | Sturgis Brown High School |
| Educator Name | Mica Sulzbach-Bataille |

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|----------------------------|---|---------------------|------|
| Menu Item | Irish Tea Cake- 3X recipe | | |
| Number of Portions | 25 | Portion Size | 1/25 |
| Cooking Method(s) | Convection Oven Baking | | |
| Recipe Source (MLA) | Cindy, Allrecipes.com https://www.allrecipes.com/recipe/27028/irish-tea-cake/ Updated February 24, 2024 | | |

| Ingredients | |
|--------------------|----------|
| Item | Amount |
| Granulated Sugar | 3 cups |
| Butter | 1 ½ cups |
| Eggs | 6 large |
| Vanilla Bean Paste | 2 TBSP |
| AP Flour | 5 ¼ cups |
| Baking powder | 2 TBSP |
| Salt | 1 ½ tsp |
| Milk | 1 ½ cups |
| Gel color | 1 g |

| Procedure |
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| <ol style="list-style-type: none"> 1. Preheat oven to 350°F. Grease and parchment pan. 2. Cream butter and sugar together in a mixing bowl with a whisk attachment mix until light and fluffy. Beat in eggs, one at a time, mixing until fluffy and then add vanilla bean paste. 3. Combine flour, baking powder, and salt. Stir dry ingredients into wet ingredients alternating with milk, Add 1-2 more TBSP of milk if batter is too stiff. 4. Split Batter in three add green coloring to one and orange coloring to one. Spread batters into the prepared pans. 5. Bake in oven until toothpick inserted comes out clean, 30-40 minutes. Cool on a wire rack. |

Recipe Cost Worksheet

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|---------------------------|---------------------------|---------------------|------|
| School Name | Sturgis Brown High School | | |
| Educator Name | Mica Sulzbach-Bataille | | |
| Menu Item | Irish Tea Cake- 3X recipe | | |
| Number of Portions | 25 | Portion Size | 1/25 |

| Ingredient | Purchase Unit | Purchase cost | Unit cost | Amount Needed | Ingredient Cost |
|--------------------|------------------|---------------|---------------|---------------|-----------------|
| Granulated Sugar | 10# | \$ 7.28 | \$.331/cup | 3 cups | \$.993 |
| Butter | 4-2 cup boxes | \$ 13.28 | \$ 1.66/cup | 1 ½ cups | \$ 2.49 |
| Eggs | 60 case eggs | \$ 10.25 | \$.171 | 6 large | \$ 1.026 |
| Vanilla Bean Paste | 8 oz | \$ 28.98 | \$ 3.622/oz | 2 TBSP | \$ 3.622 |
| AP Flour | 25 # = 94 cups | \$ 9.98 | \$.106/ cups | 5 ¼ cups | \$.557 |
| Baking powder | 8.1 oz = 16 TBSP | \$ 1.98 | \$.124/ TBSP | 2 TBSP | \$.248 |
| Salt | 26 oz = 123 tsp | \$.72 | \$.006/tsp | 1 ½ tsp | \$.009 |
| Milk | 64 oz = @ 7 cups | \$ 1.86 | \$.266/cup | 1 ½ cups | \$.399 |
| Gel color | (18) 6g bottles | \$11.99 | \$.111/g | 1 g | \$.111 |
| Fondant Characters | 4.4oz | \$ 3.49 | \$ 3.49 | 17.6 oz | \$ 13.96 |
| Modeling Chocolate | 16 oz | \$ 13.00 | - | 16 oz | \$ 13.00 |
| Edible Glitter | 4 g | \$15.00 | \$ 3.75/g | ½ g | \$ 1.875 |
| Dowel 12" | 24 pk | \$ 9.00 | \$.375 | 1 | \$.375 |

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|--------------------------|-----------|
| Subtotal | \$ 38.665 |
| Total Recipe Cost | \$ 38.67 |

Recipe Worksheet

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|----------------------|---------------------------|--|--|
| School Name | Sturgis Brown High School | | |
| Educator Name | Mica Sulzbach-Bataille | | |

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|----------------------------|---|---------------------|------------|
| Menu Item | The Best Chocolate Pound Cake- 4x Recipe- (2) 18 x 12 pan | | |
| Number of Portions | 90 | Portion Size | 2.5 in sq. |
| Cooking Method(s) | Convection Oven Bake | | |
| Recipe Source (MLA) | Browned Butter Blondie Website https://brownedbutterblondie.com/the-best-chocolate-pound-cake/ Posted October 8, 2020 | | |

| Ingredients | |
|------------------------|------------|
| Item | Amount |
| AP Flour | 8 cups |
| Cocoa Powder | 6 cups |
| Baking Powder | 6 tsp |
| Buttermilk | 2 2/3 Cups |
| Salt | 4 tsp |
| Ground Espresso Powder | 8 tsp |
| Unsalted Butter | 8 cups |
| Granulated Sugar | 8 cups |
| Eggs | 32 |
| Vanilla Extract | 8 tsp |
| 13 x 19 Cake Board | 1 |
| Board Cover | 2 ft |
| Dowel | 4 |

| Procedure |
|---|
| <ol style="list-style-type: none"> 1. Adjust rack to lower/medium position and preheat oven to 325°F. 2. Grease and Parchment your pan. 3. This recipe should be split in 4 recipes to mix in a Kitchen Aid. 4. Sift flour, cocoa powder, baking powder, and salt into a bowl. Sift a second time and set aside. 5. Dissolve espresso powder into the buttermilk and set aside. 6. Add Butter to the stand mixer and mix for 3-4 minutes on medium and scrape sides and bottom. Gradually add sugar to the butter and mix for 4-5 minutes until light and fluffy. Scrape sides and bottom. 7. Add one egg at a time and whip 20 seconds before adding another egg and repeat. Scrape sides and bottom. 8. Add vanilla and espresso mix and mix until combined. 9. Turn mixer to low and add the dry ingredients in 1/3 at a time, just until combined. Make sure to scap the sides and bottom of bowl. 10. Once ingredients are all combined pour the batter into the greased pans and bake 50-55 minutes. Check for doneness with a toothpick. |

Recipe Cost Worksheet

| | | | |
|---------------------------|---|---------------------|------------|
| School Name | Sturgis Brown High School | | |
| Educator Name | Mica Sulzbach-Bataille | | |
| Menu Item | The Best Chocolate Pound Cake- 4x Recipe- (2) 18 x 12 pan | | |
| Number of Portions | 90 | Portion Size | 2.5 in sq. |

| Ingredient | Purchase Unit | Purchase cost | Unit cost | Amount Needed | Ingredient Cost |
|------------------------|------------------|---------------|---------------|---------------|-----------------|
| AP Flour | 25 # = 94 cups | \$ 9.98 | \$.106/ cups | 8 cups | \$.848 |
| Cocoa Powder | 23 oz = @ 5 cups | \$ 10.98 | \$ 2.196 | 6 cups | \$ 13.176 |
| Baking Powder | 8.1 oz = 48 tsp | \$ 1.98 | \$.041 | 6 tsp | \$.246 |
| Buttermilk | ½ gal = 8 cups | \$ 3.58 | \$.448/cup | 2 2/3 Cups | \$ 1.045 |
| Salt | 26 oz = 123 tsp | \$.72 | \$.006/tsp | 4 tsp | \$.024 |
| Ground Espresso Powder | 2oz = 12 tsp | \$ 8.67 | \$.723/tsp | 8 tsp | \$ 5.784 |
| Unsalted Butter | 8 cups | \$ 13.28 | - | 8 cups | \$13.28 |
| Granulated Sugar | 10# | \$ 7.28 | \$.331/cup | 8 cups | \$ 2.648 |
| Eggs | 60 case eggs | \$ 10.25 | \$.171 | 32 | \$ 5.472 |
| Vanilla Extract | 1 Qt = 77 TBSP | \$ 14.10 | \$.183/TBSP | 8 tsp | \$.488 |
| 13 x 19 Cake Board | 12 | \$ 17.98 | \$ 1.499 | 1 | \$ 1.499 |
| Board Cover | 30 ft | \$ 21.00 | \$.70/ft | 2 ft | \$ 1.40 |
| Dowel | 150-5in | \$ 6.58 | \$.044 | 4 | \$.176 |

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|--------------------------|-----------|
| Subtotal | \$ 46.086 |
| Total Recipe Cost | \$ 46.09 |

