
Certificate in Baking for the Elderly

Managing Allergies in Baking

Acid Reflux: a condition that occurs when stomach acid flows back up into the esophagus, causing symptoms such as heartburn and discomfort, which can be exacerbated by certain foods, including some baked goods, especially those containing citric acid or yeast. Related terms: gastroesophageal reflux disease, heartburn, indigestion.

Active Dry Yeast: a type of yeast that is commonly used in baking, which needs to be activated before use by mixing it with warm water, sugar, and flour to produce carbon dioxide and cause dough to rise. Related terms: instant yeast, rapid rise yeast, bread yeast.

Additives: substances added to food products, including baked goods, to enhance their texture, flavor, or appearance, such as preservatives, emulsifiers, and colorings. Related terms: food additives, e-numbers, processing aids.

Allergen: a substance that can cause an allergic reaction, such as peanuts, tree nuts, milk, eggs, fish, shellfish, wheat, and soy, which are common ingredients in baked goods and can be hazardous to individuals with allergies. Related terms: allergy, intolerance, sensitivity.

Allergy: an overreaction of the immune system to a specific substance, such as a food or ingredient, which can cause a range of symptoms from mild discomfort to life-threatening reactions, and requires specialized management and treatment in baking for the elderly. Related terms: intolerance, sensitivity, anaphylaxis.

Anaphylaxis: a severe and potentially life-threatening allergic reaction that requires immediate medical attention, which can be caused by common ingredients in baked goods, such as peanuts or tree nuts, and necessitates emergency response and treatment. Related terms: allergy, shock, epinephrine.

Anti-Caking Agents: substances added to powdered ingredients, such as flour or sugar, to prevent them from becoming lumpy or caking together, and to improve their flow and texture in baking. Related terms: silicon dioxide, starch, calcium silicate.

Artificial Sweeteners: substances used as alternatives to sugar in baking, which can be calorie-free or low-calorie, such as aspartame, sucralose, or saccharin, and are commonly used in dietary products for the elderly. Related terms: sugar substitutes, non-nutritive sweeteners, low-carb diets.

Aspirator: a device used to remove air or other gases from a container or package, such as a bag of flour or a container of yeast, to prevent spoilage and maintain freshness in baking. Related terms: vacuum sealer, gas flush, packaging equipment.

Baker's Percentage: a method of expressing the ratio of ingredients in a recipe as a percentage of the total flour weight, which is commonly used in professional baking to ensure consistency and quality control. Related terms: recipe scaling, ingredient ratios, baking percentages.

Baking Powder: a leavening agent commonly used in baked goods, which is a mixture of baking soda and an acid, such as cream of tartar, that releases carbon dioxide gas and causes dough to rise and expand. Related terms: baking soda, leavening agents, double-acting baking powder.

Baking Soda: a base that is commonly used as a leavening agent in baked goods, which releases carbon dioxide gas when it comes into contact with an acid and a liquid, such as buttermilk or yogurt, and causes dough to rise and expand. Related terms: baking powder, leavening agents, natural yeast.

Bench Scraper: a tool used to scrape and remove dough from a work surface, such as a countertop or table, and to portion and divide dough into equal pieces for shaping and baking. Related terms: dough scraper, pastry scraper, bench tool.

Blind Baking: a technique used to bake a pie crust or tart shell without filling, which involves lining the crust with parchment paper and filling it with weights or beans to prevent it from bubbling or shrinking during baking. Related terms: pre-baking, par-baking, pie crust.

Cake Flour: a type of flour that is milled from soft wheat and has a low protein content, which makes it ideal for baking cakes, cookies, and other sweet goods that require a tender and delicate texture. Related terms: bread flour, all-purpose flour, pastry flour.

Celiac Disease: a chronic autoimmune disorder that causes the immune system to react to gluten, a protein found in wheat, barley, and rye, which can cause symptoms such as diarrhea, abdominal pain, and fatigue, and requires a gluten-free diet. Related terms: gluten intolerance, wheat allergy, celiac sprue.

Confectioner's Sugar: a type of sugar that is ground into a fine powder and is commonly used to make icings, glazes, and other sweet toppings for baked goods, which can be colored or flavored to match different themes or occasions. Related terms: powdered sugar, icing sugar, confectioner's glaze.

Cross-Contamination: the transfer of allergens or other substances from one food or surface to another, which can occur through inadequate cleaning or handling practices, and can cause allergic reactions or other health problems. Related terms: food safety, hygiene, allergen control.

Dairy-Free: a term used to describe foods or products that do not contain any dairy ingredients, such as milk, cheese, or butter, which can be substituted with alternative ingredients such as almond milk or coconut oil. Related terms: lactose intolerance, vegan, dairy allergy.

Docking: a technique used to create holes or indentations in dough, such as a pie crust or bread loaf, to allow steam to escape and prevent bubbling or blistering during baking. Related terms: pricking, poking, docking tool.

Egg Replacer: a substance used to replace eggs in baking, which can be a commercial product or a natural ingredient such as flaxseed or chia seeds, and is commonly used in vegan or egg-free recipes. Related terms: egg substitute, binding agents, moisture content.

Emulsifier: a substance used to combine two or more liquids that would not normally mix, such as oil and water, which can be a natural ingredient such as egg yolks or mustard, or a commercial product such as mono- and diglycerides. Related terms: stabilizer, thickener, emulsion.

Fermentation: a process that occurs when yeast or bacteria feed on sugars and produce carbon dioxide gas, which causes dough to rise and expand, and can be used to make a variety of fermented foods such as bread, beer, or cheese. Related terms: yeast fermentation, bacterial fermentation, lactic acid fermentation.

Food Allergen Labeling: a system used to label foods that contain common allergens such as peanuts, tree nuts, milk, eggs, fish, shellfish, wheat, and soy, which is required by law in many countries to protect consumers with food allergies. Related terms: food labeling, allergen warning, ingredient disclosure.

Food Intolerance: a condition that occurs when the body has difficulty digesting a particular food or ingredient, which can cause symptoms such as bloating, gas, and diarrhea, but is not an immune system reaction like an allergy. Related terms: food sensitivity, lactose intolerance, gluten intolerance.

Gluten: a protein found in wheat, barley, and rye, which can cause an immune system reaction in individuals with celiac disease or gluten intolerance, and requires a gluten-free diet to manage. Related terms: wheat gluten, gluten intolerance, celiac disease.

Gluten-Free: a term used to describe foods or products that do not contain any gluten, which can be made from alternative ingredients such as rice, corn, or quinoa, and is commonly used in gluten-free baking for individuals with celiac disease or gluten intolerance. Related terms: gluten intolerance, celiac disease, wheat allergy.

Hydrocolloid: a substance that forms a gel-like texture when mixed with water, which can be used as a thickener or stabilizer in foods, such as xanthan gum or carrageenan, and is commonly used in gluten-free baking to improve texture and structure. Related terms: gum, thickener, stabilizer.

Ice Cream Maker: a device used to churn and freeze cream or other mixtures to make ice cream, which can be a hand-cranked or electric machine, and is commonly used in commercial and home baking to make a variety of frozen desserts. Related terms: ice cream, frozen yogurt, gelato maker.

Ingredient Labeling: a system used to list the ingredients used in a food product, which is required by law in many countries to protect consumers with food allergies or intolerances, and can include information on allergens, additives, and nutrition content. Related terms: food labeling, ingredient disclosure, nutrition facts.

Kneading: a process used to mix and develop dough, which involves folding, stretching, and folding the

dough again to create a smooth and elastic texture, and can be done by hand or using a stand mixer.

Related terms: dough development, mixing, kneading technique.

Lactose Intolerance: a condition that occurs when the body has difficulty digesting , a sugar found in milk and other dairy products, which can cause symptoms such as , , and , and requires a diet to manage.

Related terms: intolerance, free, allergy.

Leavening Agents: substances used to release carbon dioxide gas and cause dough to and , which can be ingredients such as or soda, or products such as powder or of tartar. Related terms: fermentation, soda, process.

Macarons: a type of cookie, which is made with and , and is commonly flavored with or and filled with or . Related terms: , , recipe.

Mille-Feuille: a type of made with , , and , which is commonly served as a or and is also known as a .

Related terms: , , .

Mixing: a process used to combine and develop dough, which involves using a or to blend and the ingredients, and can be done by or using a . Related terms: development, , technique.

Natural Yeast: a type of yeast that is naturally present on and , which can be used to make foods such as , , or , and is commonly used in baking to create bread. Related terms: fermentation, , starter.

Non-Nutritive Sweeteners: substances used as alternatives to sugar in baking, which can be or , such as , , or , and are commonly used in products for the elderly. Related terms: substitutes, , diets.

Oven Thermometer: a device used to measure the temperature of an , which is essential for and , and can be a or device. Related terms: temperature, , temperature.

Pastry Brush: a tool used to apply wash or to dough, which can be used to or the pastry, and is commonly made of or . Related terms: , wash, .

Pastry Dough: a type of dough made with , , and , which can be used to make a variety of products such as , , or , and is commonly used in . Related terms: , , recipe.

Pectin: a substance found in and , which can be used as a agent in , , and , and is commonly used in and . Related terms: , agents, .

Phyllo Dough: a type of dough made with , , and , which is commonly used in and Middle to make such as or . Related terms: , , .

Piping Bag: a tool used to and or into shapes and , which can be made of or , and is commonly used in and . Related terms: , , .

Preservatives: substances added to food products to prevent and extend , which can be ingredients such as or , or products such as or . Related terms: , , .

Proofing: a process used to allow dough to and , which involves placing the dough in a and environment, and is commonly used in and . Related terms: , , .

Ready-to-Use Frosting: a type of that is pre-made and can be used immediately, which can be made from , , and , or from mixes, and is commonly used in and . Related terms: , , frosting.

Rolling Pin: a tool used to and into sheets or , which can be made of , , or , and is commonly used in and . Related terms: , , .

Scone: a type of good, which is made with , , and , and is commonly served with or and topped with or . Related terms: , , .

Sourdough Starter: a naturally occurring mixture of and that is used to make bread, which can be created by a mixture of and , and is commonly used in baking to create bread. Related terms: , , .

Stabilizer: a substance used to prevent or in foods, such as or , which can be a ingredient such as or , or a product such as or . Related terms: , , .

Stand Mixer: a type of that is mounted on a and can be used to , , and ingredients, which can be made of or , and is commonly used in and baking to make a variety of goods. Related terms: , , .

Sugar Substitutes: substances used as alternatives to sugar in baking, which can be or , such as , , or , and are commonly used in products for the elderly. Related terms: substitutes, , diets.

Tart Pan: a type of dish used to make and other products, which can be made of , , or , and is commonly used in to make and . Related terms: , , .

Thermometer: a device used to measure the temperature of a or , which can be a or device, and is commonly used in and to ensure temperatures and safety. Related terms: , , .

Vegan: a term used to describe foods or products that do not contain any products, such as , , or , which can be made from alternative such as or , and is commonly used in baking for individuals with restrictions. Related terms: , , .

Wafer: a type of and good, which can be made from , , and , and is commonly used in such as sandwiches or . Related terms: , goods, .

Wheat Allergy: an system reaction to one of the proteins in , which can cause symptoms such as , , and , and requires a diet to manage. Related terms: , , .

Xanthan Gum: a type of that is commonly used as a and in foods, which can be used to improve the and

of baked goods, and is commonly used in and baking. Related terms: , , .

Yeast: a type of that is commonly used in baking to make foods such as , , or , which can be or yeast, and is commonly used in and . Related terms: , , starter.

Yeast Starter: a naturally occurring mixture of and that is used to make bread, which can be created by a mixture of and , and is commonly used in baking to create bread. Related terms: , , .