

2025

FALL



Eastside Student Center



FLOUR POWER 2025 COHORT: GIGI, LINDEN, BRAD, AMAYA, AND CLARE,

THANK YOU FOR BEING PART OF EASTSIDE'S VERY FIRST FLOUR POWER BAKING AND CAFÉ SKILLS WORKSHOP. I CANNOT EXPRESS HOW PROUD I AM OF EACH OF YOU: FOR STEPPING OUTSIDE YOUR COMFORT ZONES, EMBRACING NEW CHALLENGES, AND POURING YOUR HEART INTO LEARNING AND CREATING. WATCHING YOU TRY NEW TECHNIQUES, EXPERIMENT WITH FLAVORS, AND BRING DELICIOUS TREATS TO LIFE HAS BEEN AN ABSOLUTE JOY.

THANK YOU FOR YOUR CURIOSITY, YOUR EFFORT, AND THE BRIGHT ENERGY YOU BROUGHT INTO THE KITCHEN EACH DAY. I HOPE THESE RECIPES CONTINUE TO BRING YOU WARMTH AND REMIND YOU OF WHAT YOU CAN ACCOMPLISH WHEN YOU LEAD WITH OPENNESS AND ENTHUSIASM.

**ALWAYS LOOK FOR THE SWEETNESS!
PALOMA VIEIRA**



Chocolate Chip Cookies

INGREDIENT	METRIC	CUPS / TEASPOONS (ROUNDED)
BUTTER	114 G	½ CUP
SUGAR (GRANULATED)	67 G	⅓ CUP
BROWN SUGAR	73.5 G	⅓ CUP + 1 TBSP
EGGS	1 EGG	1 LARGE EGG
SALT	3 G	½ TEASPOON
VANILLA EXTRACT	2 G	½ TEASPOON
BAKING SODA	1.75 G	⅓ TEASPOON
ALL-PURPOSE FLOUR	148 G	1 CUP + 2 TBSP
CHOCOLATE CHIPS /	100 G	½ CUP

Chocolate Chip Cookies Recipe:

1. Preheat oven to 375°F.
2. Mix dry ingredients: In a small bowl, combine flour, baking soda, and salt.
3. Cream wet ingredients: In a large bowl, beat butter, sugars, and vanilla until creamy.
4. Add eggs: Beat in eggs one at a time.
5. Combine: Gradually mix in dry ingredients, then stir in chocolate chips and nuts (optional).
6. Scoop: Drop tablespoonfuls of dough onto ungreased baking sheets.
7. Bake: 8–11 minutes or until golden brown.
8. Cool: Let sit 2 minutes on sheet, then transfer to wire racks to cool completely.
9. ENJOY!

Sugar Cookie

INGREDIENT	X1 (2 DOZEN) METRIC	CUPS
ALL-PURPOSE FLOUR	335 G	2 CUPS + $\frac{3}{4}$ CUP
BAKING POWDER	1.5 G	$\frac{1}{2}$ TEASPOON
KOSHER SALT	1 TEASPOON	1 TEASPOON
UNSALTED BUTTER	225 G	1 CUP
GRANULATED SUGAR	142 G	$\frac{2}{3}$ CUP + 1 TABLESPOON
LARGE EGGS	1	1
VANILLA EXTRACT	4 G/ML	1 TEASPOON

Sugar Cookie Instructions:

1. Mix Dry: Whisk flour, baking powder, and salt in a bowl. Set aside.
2. Cream Wet: In a stand mixer, beat butter and sugar until light and fluffy (2–3 min). Add egg and vanilla; mix until combined.
3. Combine & Chill: Add dry ingredients; mix on low until just combined. Wrap dough, flatten into a disk, and chill for at least 1 hour.
4. Roll & Cut: Preheat oven to 350°F (or 365–375°F for high altitude). Roll dough $\frac{1}{4}$ " thick, cut shapes, and place on lined baking sheets. Freeze for 10 minutes.
5. Bake: Bake 12–14 minutes, until edges are golden.

Rice Krispy Treats

INGREDIENT	*0.5 (HALF BATCH)	*1 (ORIGINAL)	*3 (TRIPLE BATCH)
UNSALTED BUTTER (PREFERABLY EUROPEAN-STYLE)	¼ CUP (57 G)	½ CUP (113 G)	1½ CUPS (339 G)
MARSHMALLOWS (PREFERABLY STANDARD SIZE)	6 OZ (170 G, ABOUT ½ BAG)	12 OZ (340 G, 1 BAG)	36 OZ (1.02 KG, ABOUT 3 BAGS)
KOSHER SALT (SUCH AS DIAMOND CRYSTAL)	⅝ TSP (≈ 2.5 G)	1¼ TSP (5 G)	3¾ TSP (15 G)
VANILLA EXTRACT	½ TSP	1 TSP	3 TSP (1 TBSP)
RICE KRISPIES CEREAL (AND OR MIX-INS)	3 CUPS (90 G)	6 CUPS (180 G)	18 CUPS (540 G)
RAINBOW SPRINKLES (OR ANY ALTERNATIVE MIX- INS)	AS DESIRED	AS DESIRED	AS DESIRED
FLAKY SALT (OPTIONAL)	TO TASTE	TO TASTE	TO TASTE

instructions on next page!

Rice Krispies Instructions:

1. Prep:
2. Butter a 9-inch square pan.
3. Melt butter & marshmallows:
4. In a large pot, melt the butter over low heat. Add marshmallows and salt, stirring until melted and smooth.
5. Add flavor & cereal:
6. Remove from heat. Stir in vanilla, then fold in Rice Krispies until fully coated.
7. Shape:
8. Pour into the prepared pan and gently spread evenly (don't press down).
9. Finish:
10. Top with sprinkles and a light sprinkle of flaky salt, if using. Let cool for 30 minutes.
11. Cut & store:
12. Cut into 16 squares. Store in an airtight container at room temperature for up to 5 days.

Apple Hand Pies

PIE CRUST	*1 (9" PIE)
ALL-PURPOSE FLOUR	1 1/4 CUP
FINE SEA SALT	1/4 TEASPOON
UNSALTED BUTTER	1/2 CUP
ICE WATER (APPROX.)	3-4 TABLESPOONS
ALL-PURPOSE FLOUR	1 1/4 CUP

FRUIT FILLING	X4 HAND PIES
PEELED SLICED APPLES	1 CUP
GRANULATED SUGAR	1/4 CUP
CORNSTARCH	1 TABLESPOON
LEMON ZEST	1/2 TEASPOON
LEMON JUICE	2 TEASPOONS
FINE SEA SALT	1/8 TEASPOONS

instructions on next page!

Hand Pie Instructions:

1. In a large bowl, whisk together flour and salt. Add butter cubes and toss to coat in flour.
2. Cut in Butter:
3. Flatten butter pieces between your fingers until coated and in flakes.
 - For fruit pies: butter pieces = walnut halves
 - For custard pies: butter pieces = peas
4. Add Water:
5. Make a well in the center, add 3 tbsp ice water, and toss to mix lightly.
6. Bring Dough Together:
7. Add more ice water (1-2 tbsp at a time) until dough just holds together.
8. Fold a few times until smooth and not sticky or cracked.
9. On a floured surface, roll each dough disk into a 10-inch square ($\frac{1}{8}$ inch thick).
10. Cut out 5-inch rounds (4 per dough). Place on a baking sheet, cover, and chill for 10+ minutes.
11. In a bowl, mix berries, sugar, cornstarch, lemon zest, lemon juice, and salt. Set aside.
12. Assemble Pies:
13. Brush dough edges with egg wash. Add about $\frac{1}{4}$ cup filling to each, leaving a 1-inch border.
14. Fold dough over to form half-moons. Press edges to seal and crimp with a fork.
15. Remove any excess filling if needed. Chill pies for 1 hour; save egg wash.
16. Heat oven to 425°F. Line a baking sheet with parchment.
17. Brush pies with egg wash, cut 3 slits on top, and bake 20-25 minutes until golden and bubbly.
18. Cool 10 minutes before serving.

Cinnamon Rolls

INGREDIENT	CUPS / US MEASURES	METRIC
DOUGH		
ALL-PURPOSE FLOUR	2 ³ / ₄ CUPS	344 GRAMS
GRANULATED SUGAR	3 TBSP + 1 TSP	38 GRAMS
SALT	½ TSP	½ TSP
WHOLE MILK (WARM, 110°F/43°C)	⅞ CUP (SLIGHTLY LESS THAN 1 CUP)	205 GRAMS
UNSALTED BUTTER	3 TBSP	43 GRAMS
INSTANT YEAST	2 TSP	6 GRAMS
LARGE EGG (ROOM TEMP)	1	1
FILLING		
UNSALTED BUTTER, SOFTENED	5 TBSP	
BROWN SUGAR, PACKED	¾ CUP	
GROUND CINNAMON	2 TBSP	1 TBSP
CREAM CHEESE ICING		
CREAM CHEESE, SOFTENED	4 OZ	113
HEAVY CREAM	3 TBSP	
CONFECTIONERS' SUGAR	⅔ CUP	80
PURE VANILLA EXTRACT	1 TSP	1 TSP

instructions on next page!

Cinnamon Roll Instructions:

1. In a large bowl, whisk flour, sugar, and salt.
2. Heat milk and butter until melted and warm (110°F/43°C). Stir in yeast until dissolved.
3. Add yeast mixture and egg to dry ingredients. Mix until soft dough forms.
4. On a floured surface, knead 3–5 min until smooth. Add a little flour if sticky.
5. Place in a greased bowl, cover, and rest 1–1.5 hours.
6. Roll dough into a 14×8 in (36×20 cm) rectangle.
7. Mix softened butter, cinnamon and sugar. Spread onto rolled out dough. Roll up tightly; slice into 8–10 rolls.
8. Place in a greased 9–10 in (23–25 cm) pan.
9. Cover and let rise ~20 min .
10. Bake at 370°F (188°C) for 20–24 min, until lightly golden (internal temp 195–200°F / 91–93°C).
11. Beat cream cheese, butter, sugar, and vanilla until smooth.
12. Spread icing over warm rolls. Enjoy fresh and warm and extra ooey gooey delicious !

Pumpkin Muffins

INGREDIENT	METRIC	X1 (12 MUFFINS)
UNSALTED BUTTER	114 G	½ CUP
ALL-PURPOSE FLOUR	230 G	1 CUP + ¾ CUP
BUCKWHEAT FLOUR	70 G	½ CUP + 1 TBSP
BAKING POWDER	6 G	1 ½ TEASPOONS
BAKING SODA	3.5 G	¾ TEASPOON
KOSHER SALT	6 G	1 TEASPOON
GROUND CINNAMON	4 G	1 ½ TEASPOONS
GROUND GINGER	2 G	¾ TEASPOON
GROUND TURMERIC	1 G	⅓ TEASPOON
GROUND NUTMEG	0.5 G	⅛ TEASPOON
PUMPKIN PURÉE	355 G	1 ½ CUPS
EGGS (LARGE)	3	3
LIGHT BROWN SUGAR	180 G	¾ CUP + 2 TABLESPOONS

instructions on next page!

Pumpkin Muffin Instructions:

1. Preheat oven to 350°F. Line or grease a 12-cup muffin tin.
Brown butter: Melt butter in a small saucepan over medium heat, swirling until golden brown and nutty, about 5 minutes. Set aside.
2. Mix dry: In a bowl, whisk flours, baking powder, baking soda, salt, cinnamon, ginger, turmeric, and nutmeg.
3. Mix wet: In a large bowl, whisk pumpkin, eggs, brown sugar, and maple syrup until smooth.
5. Combine: Stir in dry ingredients, then browned butter.
6. Bake: Divide batter into muffin cups and bake 20–25 minutes, until tops spring back when pressed.

Cake Layers

INGREDIENT	U.S. MEASUREMENT	METRIC
UNSALTED BUTTER, ROOM TEMP	1½ CUPS (3 STICKS)	340 GRAMS
GRANULATED SUGAR	2½ CUPS	484 GRAMS
ALL-PURPOSE FLOUR	3 CUPS + ¼ CUP	410 GRAMS
WHOLE MILK	1¾ CUPS	420 GRAMS
VANILLA EXTRACT	2 TBSP	30 GRAMS
BAKING POWDER	1½ TSP	6 GRAMS
BAKING SODA	¾ TSP	3.5 GRAMS
FINE SEA SALT	½ TSP	3 GRAMS
LARGE EGGS	4 EGGS	4 EGGS
LARGE EGG YOLKS	2 YOLKS	2 YOLKS

Cake Layers Instructions:

1. Heat oven to 350°F and lightly grease and parchment line a 9×13-inch half sheet pan.
2. In a mixer, beat butter and sugar on medium until light and fluffy (4–5 minutes). Add eggs one at a time, then the yolk, mixing and scraping the bowl after each. Mix in vanilla.
3. Whisk flour, baking powder, baking soda, and salt in a bowl. Add dry ingredients to the mixer along with the milk, mixing on low just until combined.
4. Spread batter evenly in the pan. Bake 30–35 minutes, until golden and a toothpick comes out clean. Cool completely.
5. Cut to desired size and shape, wrap in plastic wrap and chill.

Swiss Meringue Buttercream

INGREDIENT	ORIGINAL AMOUNT	CUPS / TEASPOONS
GRANULATED SUGAR	248 G	1 ¼ CUPS
LARGE EGG WHITES	3	3 EGG WHITES
TABLE SALT	⅛ TEASPOON	⅛ TEASPOON
UNSALTED BUTTER (SOFTENED)	454 G	2 CUPS

Swiss Meringue Buttercream Instructions:

1. Put a pot on to simmer with a couple inches of water.
2. Separate eggs, and put egg whites into large metal bowl.
3. Combine egg whites and sugar in metal bowl.
4. Place metal bowl over simmering hot water.
5. Continue mixing, scraping sides of bowl until sugar is completely dissolved
6. Transfer sugar mixture into kitchen aid bowl and whisk on high until meringue is a stiff peak
7. Once at stiff peak and meringue is cool, slowly add butter approximately ¼ cup at a time.
8. Add salt, mix to combine, and remove from mixer!

Chocolate Ganache

CHOCOLATE GANACHE	X1	X1
INGREDIENT	U.S. MEASUREMENT	METRIC
SEMI-SWEET CHOCOLATE	8 OZ	225 GRAMS
HEAVY WHIPPING CREAM	8 OZ	225 GRAMS
SALT	1 PINCH	1 PINCH
VANILLA EXTRACT	1 TSP	5 GRAMS

Chocolate Ganache Instructions:

1. Place vanilla extract, salt and chocolate in a bowl.
2. Heat cream in a pot until just simmering.
2. Turn off heat pour heavy cream into bowl over chocolate.
3. Allow chocolate to melt and stir to combine.
4. Store in the fridge, once cooled whip with whisk attachment.

Caramel

CARAMEL SAUCE YIELD: ~1½ C	X1	X1
INGREDIENT	U.S. MEASUREMENT	METRIC
GRANULATED SUGAR	1 CUP	200 GRAMS
HEAVY CREAM	½ CUP	120 GRAMS
UNSALTED BUTTER	2 TBSP	28 GRAMS
KOSHER SALT*	¾ TSP	3 GRAMS

Caramel Instructions:

1. Heat sugar in heavy bottom pot, until melted and amber in color.
2. Turn off heat and add butter, stir to combine.
3. Pour in heavy cream and salt and stir to combine.
4. If the caramel “breaks” or separates, return to low heat and continue stirring until it is emulsified.

NOTES

A series of horizontal dotted lines for writing notes.

