

HOLIDAYTREATS

Visions of Sugar

Sugar comes in many different forms,
choose the right one for your holiday baking



CRAFTED WITH HEAD, HEART & HAND

Wildcraft is home to masterfully prepared dishes and the region's top Chefs. It has established itself as one of Waterloo's most reputable restaurants by consistently crafting extraordinary items from scratch for 10 years. With a local farm focus and a need for real ingredients, creative culinary freedom breeds a kitchen culture built on passion. Thoughtfully curated wine & spirit selections further the attention to all things crafted. Revel in a glass of our signature wine, or a perfectly executed bespoke cocktail at the W Bar. Experience a sophisticated social get-together, business lunch, private event or a stress free night out away from your own kitchen.

#wildcrafting @wildcraftgrill wildcraftgrill.ca

Come the holidays – my pantry overflows with sugar. Some resemble powdery snow, diamond chips or moist earth, while others take pourable form. Each brings its own delights. I'm like a kid in a candy shop – only I'm the candy maker. And the kid.

While sugar is a simple carbohydrate, baking with it can be confusing. One of the most common questions I field in baking class involves when and if you can change the type of sugar called for. The answer is not a simple yes or no, but rather a complicated, "It depends."

Yes, sugar adds sweetness, but it does much more than that. In baking, it provides structure, retains moisture, makes the baked good tender, and caramelizes for a depth of flavour artificial sweeteners just can't deliver. It also helps baked goods brown. Its complex role is one reason sugar comes in so many different forms. The right sweetener ensures your honey cake is moist and tender or your sugar cookie snaps. Swap willy-nilly and you might be serving your brownies with a side of disappointment.

Sugar, sugar

No matter what form it takes, sugar is a preservative. Once sealed against moisture, any kind of sugar should keep for years.

Granulated sugar: This is white table sugar. Recipes usually specify granulated only if other sugars are involved to avoid confusion. If a recipe doesn't specify what type of sugar to use, they mean granulated. When a recipe calls for superfine sugar, make your own by grinding granulated sugar in a blender or food processor for a few seconds.

Brown sugar: Whether light, golden or dark, brown sugar is white sugar with molasses added back in. The more molasses, the darker the sugar. Demerara, the darkest and most coarse brown sugar, adds a lovely butterscotch undertone.

Because of its high moisture content, brown sugar can dry out and turn to sweet concrete if not properly sealed. Once opened, bury a moistened sugar disk in the sugar, and place in a resealable bag with the air squeezed out. If your brown sugar



Charmian
Christie

is already rock-like, soften it by zapping it in the microwave on "defrost" for a minute or two.

SUGAR SWAP

Because an altered baked good is better than none, this chart from my book "The Messy Baker" might be handy

IF YOU DON'T HAVE . . .

1 cup granulated sugar

Substitute

- 1 cup packed light brown sugar (baked goods will be moister and chewier)
- 1 cup superfine sugar
- 1 $\frac{3}{4}$ cups confectioners' sugar (baked goods will be less crisp)
- 1 cup turbinado sugar (might have to work to dissolve sugar)

1 cup light brown sugar

Substitute

- 1 cup granulated sugar + 2 tablespoons molasses
- $\frac{1}{2}$ cup dark brown sugar + $\frac{1}{2}$ cup granulated sugar
- 1 cup Demerara sugar

1 cup dark brown sugar

Substitute

- 1 cup light brown sugar + 1 tablespoon molasses
- 1 cup Demerara sugar
- 1 cup granulated sugar + 3 tablespoons molasses

1 cup confectioners' sugar

Substitute

- $\frac{1}{2}$ cup granulated sugar + $\frac{3}{4}$ teaspoon cornstarch, finely ground together

1 cup corn syrup

Substitute

- 1 cup granulated sugar + $\frac{1}{4}$ cup water

1 cup honey

Substitute

- 1 $\frac{1}{4}$ cups granulated sugar + $\frac{1}{4}$ cup water
- $\frac{1}{2}$ cup granulated sugar + $\frac{3}{4}$ cup maple syrup or corn syrup

Icing sugar: Sometimes called confectioner's sugar or powdered sugar, this is granulated sugar ground to a powder with some cornstarch added. As the name suggests, it's used for icing, but can also be used in cookies or whipped cream when a bit more structure is needed.

Turbinado: A light brown, coarse sugar, turbinado is mainly sprinkled on top of cookies, galettes and muffins when a crunchy finish is desired. If it's too crunchy for you, granulated sugar works perfectly well.

Liquid Gold

These pourables add moisture as well as sweetness to baked goods. They work well in cake and muffin batters, but will leave some cookies limp.

To make handling these sticky sugars easier, grease a dry measure scoop with a bit of cooking oil before measuring them. They will slide out and into your bowl easily.

Corn syrup: Store-brand golden corn syrup is not the dreaded high-fructose version nutritionists warn us about. While far from a health food, it's useful in holding together no-bake treats.

Honey: The delicate but distinct flavours in artisanal honey will be lost in most baked goods. Generic liquid honey is best for baking as it's easy to pour and less expensive. Because honey has a slight acidity, many recipes call for a bit of baking soda to counterbalance this.

Maple syrup: The boiled sap of sugar maple trees, this sweetener comes in various grades and colours. The darker the syrup, the more intense the maple flavour. Unlike other sugars, once opened, maple sugar needs to be refrigerated or it will go mouldy.

Molasses: Fancy molasses, also called light molasses, adds sweetness and a delicate flavour to your baking, working nicely with spices like ginger and cloves. Dark molasses (sometimes called cooking molasses) and light molasses can be used interchangeably, depending on your preference and the spicing of the baked goods. However, intense blackstrap molasses is too bitter and can easily overpower cookies or loaves. Save it for baked bean recipes.



CLASSIC DISHES DONE RIGHT.

Come for brunch, stay for supper. On the edge of Midtown and Uptown Waterloo located in an old felt factory, The Bauer Kitchen has an industrial feel with classic dishes done right, and expertly crafted cocktails. Step in and smell the house-baked breads and try our house-made pizza from the stone hearth oven. Put down the pots & pans and treat your family to Saturday & Sunday brunch from 9-2 with our make-your-own 50+ item Caesar bar. Be sure to taste our house blend coffee curated for the TBK menu by our team, and don't leave before you try one of our cask aged whisk(e)y creations. You can always drop by the Bauer Café next door for boutique pastries or lunch specials to go.

#tbkmenu @thebauerkitchen thebauerkitchen.ca



PECAN BLONDIES

Makes 18 triangles

These one-bowl treats whip up in minutes and require no equipment beyond a mixing bowl and spoon. The melted butter, vanilla, and sugars deliver a delicate toffee flavour. For a more butterscotch taste, omit the granulated sugar and use a full cup of demerara in place of the brown.

½ cup (125 ml) butter

⅔ cup (160 ml) packed brown sugar

⅓ cup (80 ml) granulated sugar

1 large egg

1 tablespoons (15 ml) vanilla

1 cup (250 ml) all-purpose flour

½ teaspoon (2.5 ml) baking powder

¼ teaspoon (1 ml) salt

½ cup (125 ml) chop chocolate chunks or chips

1 cup (250 ml) chopped pecans, divided

1. In a small saucepan, melt the butter over medium heat. Set aside to cool.
2. Preheat oven to 350°F (175°C). Line an eight-inch (20 x 20 cm) square pan with parchment, leaving the excess to hang over the sides to act as handles for easy removal.
3. In a medium bowl, stir together the butter and sugars, then add the egg, and vanilla, mixing until smooth. Add the flour, baking powder and salt and stir until almost combined.
4. Stir in the chocolate chunks and ½ cup of pecan pieces. Mix until just blended. Scrape the batter into the prepared pan, spreading it evenly with the spatula. Sprinkle with remaining pecans.
5. Bake for 20 to 25 minutes, or until the edges start to pull away from the sides, and the middle is just set. Cool before cutting into nine squares, then in half to form 18 triangles.

**THEY COME FROM ALL OVER.
MANY FROM OUR OWN BACKYARD,
SOME FROM ALL THE WAY ACROSS THE POND.**

**SOME ARE SHORT,
SOME ARE TALLER,
SOME ARE THINNER,
SOME ARE NOT.
SOME ARE OLDER,
SOME ARE A LITTLE WORSE FOR WEAR.**

**THEY COME IN A VARIETY OF SHAPES AND SIZES,
AND DIFFERENT COLORS.**

**THEY ALL HAVE THEIR OWN STORY...
WHERE THEY'VE BEEN, HOW THEY GOT THERE.**

DESPITE ALL THE DIFFERENCES...WE KNOW...

**IT'S WHAT'S ON THE
INSIDE THAT COUNTS.**

WITH ALL OF THEIR UNIQUE TRAITS, AND DISTINCTIVE HISTORY, THEY HAVE FOUND A HOME WITH US. (AT LEAST FOR THE TIME BEING)

BEERTOWN

#beertown

@beertownph

beertown.ca



OLD-FASHIONED GINGERBREAD

Makes three dozen small or 18 large cookies

These classic cut-out cookies are a holiday tradition. Whether you opt for simple shapes or an intricate gingerbread house, the simple egg-white icing is the finishing touch.

Cookie dough

½ cup (125 ml) butter, room temperature
¾ cup (180 ml) packed brown sugar
¼ cup (60 ml) fancy molasses
1 egg
2 ½ cups (625 ml) all-purpose flour
1 tablespoon (15 ml) ground ginger

1 teaspoon (5 ml) cinnamon
1 teaspoon (5 ml) cloves
1 teaspoon (5 ml) baking soda
½ teaspoon (2.5 ml) fine sea salt


Icing

4 cups (1L) sifted icing sugar
3 egg whites (or pasteurized egg whites)
½ teaspoon (2.5 ml) cream of tartar

Cookie dough

1. In a stand mixer fitted with a paddle or a large bowl using an electric mixer, beat the butter and sugar together until light. Beat in the molasses and egg.
2. In a medium bowl, whisk together the flour, ginger, cinnamon, cloves, baking soda, and salt. Slowly add the spiced flour to the butter mixture and blend until the dough comes together. Knead dough until it forms a ball. Form into a flat disk, cover with plastic, and chill for 30 minutes. (Dough can be chilled for up to three days.)
3. Preheat oven to 350°F (175°F) and line baking sheets with parchment. Let dough sit at room temperature to soften before rolling between two sheets of parchment to one quarter-inch thick. Cut into shapes, re-rolling scraps as necessary. Place cookies on baking sheets.
4. Chill 10 minutes before baking for 10 to 15 minutes or until centres are firm when lightly touched. Transfer cookies to wire racks to cool before icing.

Icing

1. In a stand mixer fitted with a whisk, or a large bowl using an electric beater, whip the icing sugar, egg whites, and cream of tartar on high until thick, about five to eight minutes.
2. Fill piping bag fitted with a small round tip, or a plastic bag with the corner snipped. Place plastic wrap directly on the surface of any remaining icing sugar to prevent drying out.
3. Pipe onto cooled cookies. Icing will harden once set. 



We have a space for that.



We have a team of event planning professionals who masterfully customize experiences for discerning guests, both private and professional inside the walls of our restaurant locations. With private and semi-private rooms seating from 8 to 80 guests, we have a space in one of our restaurants for your event, product launch or meeting. Every element is crafted with fanatical attention to detail and is backed with 60 years of hospitality experience. Some highlights include: 7 private rooms, 6 semi-private spaces, full restaurant buy-outs and more.

one number, countless options 519-894-0110 | charcoalgroup.ca