



Teens Take on Fall: Spices

Yield: 6 servings of cider, 9x9in cake, 4 large molasses ginger cookies

Prepare before class

- Bring butter and eggs to room temperature
- Have all spices out and ready to measure
- Read through recipes!

Groceries:

Protein/Dairy —

4 eggs

2 1/2 sticks unsalted butter

1/2 cup sour cream

Dry —

4 1/2 cups All-purpose flour

3 tsp baking soda

1/2 tsp baking powder

1 3/4 cup sugar

1/4 cup molasses

1/4 cup vegetable/canola oil

1/2 cup apple sauce

2 tsp vanilla extract

2 tsp ground cinnamon

2 1/4 tsp ground ginger

1 1/2 tsp ground cloves

1/2 tsp grated nutmeg

3 whole cinnamon sticks

1 tsp whole cloves

1/2 tsp black peppercorns

3 whole star anise

1 tsp salt

1/2 gallon apple juice

Produce —

2 large apples (or 3 small)

1 lemon

1 orange

Equipment:

- 2 medium bowls
- 2 small bowls
- Knife and cutting board
- Microplane zester or small grater
- Handheld mixer or standing mixer
- 1 baking sheet with parchment paper or silicone lining
- 1 9x9 inch cake pan (muffin tin will also work)
- Working oven
- 2 rubber spatulas
- 1 large pot (large enough to hold ½ gallon of apple juice)
- Ladle