



High-Altitude Cooking Quick Tips

Elevations over 3,000 feet are considered high altitude. As altitude increases, air pressure and the temperature at which water boils decrease. To correct problems encountered from these differences, it is possible to make adjustments to time, temperature and/or ingredients.

Baking

Cakes

- Increase oven temperatures 15 to 25°F.
- Increase liquids by 1 to 2 tablespoons per cup.
- Decrease leavening by 1/8 teaspoon per each full teaspoon in the sea-level recipe.
- Decrease baking time by 5 to 8 minutes per 30 minutes of baking time.
- Decrease sugar by 1 tablespoon per cup.
- Decrease fat in richer cakes by 1 to 2 tablespoons.

Yeast breads

- Dough should rise only until just double in bulk.
- Punch down dough and allow a second rise.
- Decrease flour or increase liquid to get dough to correct consistency.

Angel Food Cake

- Beat eggs only to soft peak stage

Quick breads, biscuits and muffins

- Slightly reduce leavening if there is an alkaline flavor.
- Increase number/yield from recipe (i.e., recipe yield = 12 muffins, make 14 muffins)
- For more delicate breads, follow directions for “cakes”

Cookies

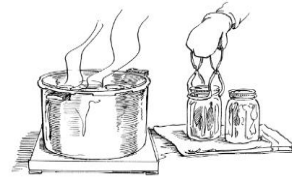
- Slight decrease in leavening
- Slight decrease in sugar
- Slight decrease in fat
- Slight increase in baking temperature
- Slight increase in liquid
- Slight increase in flour



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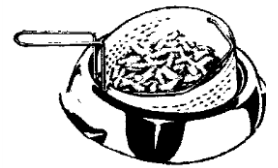
Canning

- *Water-bath canners:* Increase processing time by 1 minute for each 1,000 feet above sea level if the sea level processing time is 20 minutes or less. If processing time is more than 20 minutes, increase by 2 minutes per 1,000 feet.
- *Pressure canners:* Increase pressure by 1 lb. for every 2,000 increase in elevations.



Deep Fat Frying

- Decrease the frying temperature about 3° F for every increase of 1,000 feet in elevation.



Slow Cookers

- For slow cookers with adjustable temperature control, select a setting that will maintain the food at 200°F or higher.
- For slow cookers with both a high and low setting, start the food cooking on high for the first hour; then either continue to use high or turn it to the low setting for the remainder of cooking.
- Use a food thermometer to check the internal temperature.



Candy, Syrup and Jelly

- Decrease finish temperature by 2° F for every increase of 1,000 feet in elevation



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References:

USDA Food Safety and Inspection Service: High Altitude Cooking and Food Safety website: <http://www.fsis.usda.gov/wps/portal/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/high-altitude-cooking-and-food-safety>

Colorado State University Extension: High Altitude Food Preparation (P41): <http://extension.colostate.edu/topic-areas/nutrition-food-safety-health/high-altitude-food-preparation-p41/>

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