

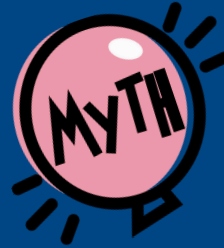
# FACT

OR

# MYTH



## SLAMMING THE OVEN DOOR OR WALKING HEAVILY AROUND THE KITCHEN WILL CAUSE A CAKE TO COLLAPSE



Sorry mom, there is no current science to prove this generational myth.



### HOW IT WAS TESTED

Researchers from America's Test Kitchen in Boston, MA tested muffins, yellow cake, angel food cake, and even a delicate cheese soufflé by giving the oven doors a good 'SLAM' just before the baked goods reached their maximum height.



### OTHER RELATED TIPS

#### Why Preheating Your Oven is a Must for Perfect Cakes:

- Makes sure that the batter starts baking at the right temperature immediately.
- Helps the cake rise properly by activating leavening agents (baking soda/powder).
- Sets the cake's structure quickly, preventing collapse.
- Promotes even baking and a fluffy texture.
- Avoids dense, gummy cakes caused by uneven heat.

#### Worried About Rotating Your Cakes During Baking?

Researchers also rotated fluffy yellow cakes and angel food cakes halfway through baking to see if it would cause them to fall. The verdict? Rotating didn't harm them – it actually improved even browning!



### HOW IT WORKS



When heated or mixed with moisture, baking soda and baking powder release carbon dioxide gas, which helps the cake rise. Whipped egg whites also help out by trapping air that expands when heated.



As the oven warms the batter, the gases and trapped air expand, forming bubbles that make the cake rise.



Liquid ingredients like water, milk, or eggs evaporate into steam, which adds to the rising effect by expanding inside the batter.



The batter is soft and can expand at the beginning of baking. As it heats, the proteins in eggs and gluten in flour start to firm up, and starches in flour gelatinize, giving the cake structure.



Fats (like butter or oil) and sugar help trap air in the batter and keep it moist, which aids in rising and creates a tender texture.