

From Hearth To Heart



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More Than a Recipe:
Why baking is more than
food, it's about connection

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Home is Where the Oven Is:
How baking connects us to
our roots

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How baking connects us to
those who came before

Meet The Team



Hannah Sundaram



Noelle Yew



Eryn Collard

Our Mission

From Heart To Hearth was born out of a desire to inspire and embolden others in their baking skills by displaying how the oven connects people across cultures and generations.

Join us on this journey of discovering hope, love, and joy in the kitchen.

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Sweet Treats, Sweeter Moments

How baking connects Bradyn Frame to home, herself, and others

By Noelle Yew



Photo provided by Bradyn Frame

Bradyn Frame navigates life with a smile and a loaf of banana bread.

From standing on a chair at the kitchen counter as a young girl to sharing her gifts with her community, senior Taylor University student Bradyn Frame sees baking as a ministry.

Frame began baking as a young child in her grandmother's house.

Inspired by food network as a child, she would watch kids baking championships and imagine herself in their shoes, Frame said.

Frame said baking seasonally was always a huge thing in her house growing up and she, her mom, and her sister would go to their cousins house during Christmas and bake so much they had to give it away to friends and neighbors.

Frame emphasized the importance of these seasonal moments in her own love of baking.

"Like, poundcake is something my mom will only ever bake at Christmas and yum yum coffee cake that my mom only ever bakes on Christmas and easter morning," Frame said. "Things like that really made me love baking, even before I could do it myself."

For Frame, baking always made home feel like home. In both her childhood and her current place as a student at Taylor University, Frame has always seen baking as a ministry.

Frame served her wing as a DA in her junior year. Frame saw being able to provide cookies or pancakes was a tangible way to help people feel at home, even when they are far from it.

Frame proudly shows off the peanut butter cookies she made with the help of her grandmother.



Photo provided by Bradyn Frame

“I learned that when you cook for people, they show up,” Frame said. “Where there is food, people will gather. That was one of my favorite ways to care for people physically in a sense and also provide a spiritual space for them.”

She spent the first three years of her college career living in Grace Olson Hall, where she spent copious amounts of time in the lobby kitchen. This was the space Frame conducted her baking ministry.

“That was one of my favorite places on campus, and still is even though I might never bake in there again,” Frame said. “It was just so fun because being in a place where a lot of random people were, I feel like I met friends just by being there.”

Frame slowly gathered her baking supplies across the years, from TJ max runs and donations from friends who knew she loved to bake.

She also had to figure out easy recipes that she could make in the Olson’s small kitchen. Frame cited banana bread as her favorite thing to bake because it doesn’t take many ingredients.

“I would get a text once or twice a week saying ‘do you have oil? Do you have eggs? Can I borrow your mixing bowl?’ I liked to be able to feel like I was helping people in that way, even though it was just letting them borrow an ingredient.”

Frame believes baking helps her relate to other people around her. Her and one of her best friends both love banana bread, so early in their friendship they would bake it together

She sees such a sweet connection around gathering around a table and breaking bread with others. She feels it’s something holy, even if it’s just putting premade cookie dough in the oven.

“I think when you have a shared favorite food, especially when it's more obscure, that is a natural connection point.”

Even though frame has only been back on Taylor campus for a week, she has already baked and shared three batches of peanut butter cookies with her friends and roommates.

Living off campus in her last year, she also shares the things she bakes with her neighbors which she sees as a natural way to build community.

“There's something sweet about the fact that you're making something that makes people happy.”

Frame remembered a time where one of her friends was going through a tough season where she was spread really thin. While frame wanted to help her by spending quality time with her and be there for her, this wasn't possible.

So in response, Frame baked banana bread and shared a piece with her friend.

“That's a way of being there and showing that your thinking about someone even when there's no time if you're too busy or they're too busy.”

Frame saw the lord working through her as

During her time as DA, Frame said the lord taught her that while not everyone will show up to the events she plans, the people who do come will appreciate it.

“It was really sweet to see something that I enjoy is also coming alongside my goals of fostering community in the wing,” Frame said. “it's a service to them, to provide homecooked food and rest, even if it's just for an hour.”



Banana Bread Recipe

- | | | |
|------------------|----------------------|-------------------|
| - 1 cup sugar | - 2 cups flour | - 1 cup chocolate |
| - 1/2 cup butter | - 3 bannanas, mashed | chips |
| - 2 eggs | - 1 tsp baking soda | |

- preheat oven to 300 degrees
- cream butter and sugar
- add eggs and beat well
- add mashed bannanas, flour, soda, and mix
- mix in chocolate chips
- pour into a greased loaf pan and bake 1-1.5 hours

Sourdough Starts Conversation

How Carmela Burns uses baking to reach people

By Eryn Collard

“Food is the love language of everybody,”
said Carmela Burns, owner of M-A-D Sweets Bakery.

Growing up poor in the Philippines, hunger was a constant trial of Burns’ life as a child. Her father was killed when she was five and her mother left to work as a maid in Hong Kong shortly after. Burns went to bed hungry for years until her mother married a U.S. citizen and her family moved to the states.

Burns doesn’t go to bed hungry anymore and she doesn’t want anyone else to either.

Now an adult and mother of two, Burns lives in Marysville, Michigan, where she is an involved member of the community. In 2010, she founded SOS Food Pantry, a non-profit organization with a mission to meet food needs in the area. Burns also organizes luncheons for seniors as well as Thanksgiving Turkey and Christmas Dinner Giveaways.



Photos provided by Tammy Collard



The M-A-D of M-A-D Sweets stands for Mother and Daughter. In July 2022, Burns founded the business with her daughters after no one would hire her youngest.

The bakery started out selling cinnamon rolls at farmers’ markets. In 2023, they transitioned to making everything all natural and using sourdough as a starter for all of the baked goods.

Cooking is Burns’ passion. She has been doing it for years. But she never thought she would start baking sourdough.

“Never in my life have I baked sourdough before,” Burns said. “I thought it was crazy.”

This sourdough journey began in 2021, when Burns’ eldest daughter graduated college and was experiencing many medical issues. They took her to different doctors and realized that her symptoms were



Carmela Burns sells sourdough at her farmer's market stand.

Photo provided by Tammy Collard

caused by an imbalance in her body. Burns then made the decision to stop buying store-bought bread.

She did research online and came across sourdough. Intrigued by the concept but unsatisfied with the American version, she started looking into Asian styles of baking and discovered Japanese sourdough.

Burns loved how clean Japanese bread was. She wants everyone to be able to experience homemade natural food from her sourdough stand.

Sourdough changed the way Burns baked. It also gave her a new way to reach out to those in the community.

Burns says that having a stand at the farmer's market has given her the opportunity to meet and pray for many different people.

"It's not making the money or selling the dough; it's meeting the people," Burns said.

Burns is a member of Community Wesleyan Church. She uses conversations at her stand to tell people about her journey and what God has done in her life.

She recalls one particularly challenging day at her stand when she was dealing with jealousy of another farmer's market vendor who was also selling sourdough. Burns felt that this vendor was taking all of her customers.

"But God have another reason, another assignment for me to do," Burns said.

That day, a young woman came to her stand and they started talking. Burns found out that this woman was new to the area and struggling with feelings of loneliness and depression. Being there for the woman, talking to her and praying for her, Burns remembered that her stand was not just a business, it was also a ministry.

M-A-D Sweets has given Burns more opportunities to help others.

Her youngest daughter, Grace, has a charity called Grace Gives that helps people in the place where her mother grew up, the Philippines. Burns is donating 50 percent of her profit from selling sourdough to the charity to go towards helping build community shelters.

When Carmela Burns sees a need to be met, she finds a way to meet it. Be that through the food pantry, the senior luncheons, turkey give-aways or now her sourdough stand.

MORE THAN RECIPE

By Hannah Sundaram

“He wanted it to be perfect
because that’s how he showed his affection”

This is what Dr. Carrie King, department chair and associate professor of English at Taylor University, said as she recalled her father’s passion for baking.

King remembers her dad being the main cook in the family. He loved making pies, and her earliest memory of baking was of him getting up on Christmas or Thanksgiving morning and making pies. King’s father was the one who introduced her to baking, but she also remembers him being a perfectionist.

For many people, their first memories attached to baking are connected to family members. Some of them remember being taught how to bake by family members, others remember watching their loved ones busy in the kitchen.

Josiah Peterson, Taylor University graduate and the director of residence life, primarily remembers helping his mother either with the baking, or by going and buying the ingredients from the time he was young. This laid the foundational knowledge of baking when he started to bake in college.

Rebecca Lindsay, the ambassador and first lady of Taylor University, remembers being taught how to bake by her mother and maternal grandmother.

“I think what I learned from them was not so much the great cooking techniques as much as the value of having people in your home” Lindsay said.

Carrie King’s son, Milo, and her father making Maults in the kitchen.



Photo provided by Carrie King

So, what draws people to continue baking and go out of their way to do it even with their busy schedules?

For many people, baking is a love language. Similarly to King’s father, it’s the way they show others love and affection.

“For me, baking is a way to honour and care for the people I love. Even small gestures, like cutting up fruit my daughters enjoy, are ways of saying “I love you.” Lindsay said.



Baking has the ability to bring generations together. Whether that's through being taught how to bake by your grandmother or eating a recipe created by a great-aunt.

Peterson hopes that his children will get to eat his mother's cookies one day, but not simply because they taste good.

"I want him to taste something that connects him to his family history and helps him know me better. If he can associate a story with a taste, it becomes part of his memory too," Peterson said.

One difficulty many families face with recipes that have been passed down is preserving them. Many recipes don't have exact measurements, have been passed down orally, and they may get adjusted and changed along the way.

King's father never wrote any of his recipes down, which is why before he passed away she decided to intentionally record his recipes. This was not an easy task because her father lost his sense of taste towards the end of his life due to his cancer treatment for lymphoma. He was able to distinguish temperature but could not taste what he was eating. Recording his recipes was an emotional task for both. "He always cooked to taste, and that is what he lost in the end" King said.



Photo provided by Josiah Peterson

Josiah Peterson and his mother



Photo provided by Josiah Peterson

Peterson, his wife, and the child they are expecting



Photo provided by Rebecca Lindsay

Rebecca Lindsay as a child, with her family

Although it can be difficult to preserve recipes, recipes that are passed down hold meaning beyond just good food. Lindsay personally enjoys looking at old handwritten recipes. "It's like their fingerprints, a little taste a little touch of seeing them," Lindsay said. "The ones that are really crinkled and touched, those are the most important ones."

Baking is a love language. It's how people show care. It's another way people give each other hugs and kisses. Baking has the power to pull memories from the past and intertwine them to the present. A quick whiff of a chocolate cake can take you back 50 years, into your old kitchen sitting next to your mom or dad, watching them whisk the cake batter wishing you could eat the cake right then and there. Baking is not a time machine, but it helps love be felt throughout generations.

Grandpa Corn Recipe

Provided by Carrie King

Preheat oven to 350 degrees

1 box Jiffy Corn Bread Mix

1 can cream corn

1 can drained whole kernel corn

$\frac{3}{4}$ cup melted butter

16 oz sour cream

Mix ingredients in a bowl and place in greased 9x13 pan

Bake for 30-35 minutes or until center is solid to touch

If the edges begin to brown, cover with foil

Finally, enjoy with firends and family!

Baking Connection in the Community of Upland

How two local bakers bring a taste of home to their communities.

By Eryn Collard

Everyone called her “cookie” growing up because she made the best chocolate chip cookies.

In the small town of Upland, Indiana, two bakers have taken it upon themselves to serve the community of Upland and Taylor University with their craft.

Wendy Sue Campbell, known as “cookie” growing up, started her baking business, Upland Confections, in the fall of 2024. She takes orders through her website and bakes them in her home kitchen. Campbell offers free delivery to Taylor students and anyone living in Upland.

When she’s not baking, Campbell works as a business analyst for a large national mortgage company and is working towards her Doctorate in Business Administration at Indiana Wesleyan University.



Gift basket, birthday cake, and cookies all made by Upland Confections.



Photos provided by Wendy Sue Campbell

“I feel like I act as a little bit of home, a little bit of joy from afar...”

Campbell’s first experience with Upland came when her son, Preston Szczublewski, enrolled in 2022. They were living in Fort Wayne at the time, but as Campbell came down to visit her son, she fell in love with the Upland community and decided to move.

Campbell grew up baking with her mom and aunts. It has always been a passion of hers. After moving to Upland, Campbell founded Upland Confections as a way to give back to her community.

“We love Taylor, of course, and I wanted a way to give back, and I thought that I could share my love of baking with the students and families of Taylor,” Campbell said.

Her idea to bake for students came from her son. His first semester, around Christmastime, Preston asked his mother to make some cookies for a few of his friends. Campbell agreed and ended up baking for nearly two dozen people.

Her son’s friends loved the cookies. Their positive reviews inspired Campbell. She began to think about how she could share the joy of receiving baked goods with other Taylor students.

Thus, Campbell’s baking business was born.

Through her website, parents of Taylor students can order a variety of baked goods like cookies, brownies and cakes that Campbell will deliver to their children with a special note or Bible verse.

“I feel like I act as a little bit of home, a little bit of joy from afar for their parents,” Campbell said.

Campbell isn't the only one in Upland with a love for sharing sweet treats.

Cindy Callison, also known as Aunt Cindy, runs a roadside stand on Eighth Street in Upland called Aunt Cindy's Goodies.

Originally from Long Island, Callison transferred to Taylor University in 1987 and never really left. She was an art teacher in the area for 32 years, coached Taylor's Women's Cross Country team for ten years and now, semi-retired, she works at a few schools part time.

Callison started selling baked goods at the Upland Farmer's Market around 15 years ago. She didn't grow up baking with her family, instead it was her entrepreneurial spirit that inspired her to start selling baked goods using recipes she found. Now, she no longer needs to look at recipes when she's baking. She has them all memorized.

In addition to Aunt Cindy's Goodies cart, Callison also takes special request orders from Facebook. She will deliver them for free to Taylor students, usually taking her dog with her when she runs them around.

Callison sells an assortment of baked goods including her signature cinnamon rolls, cookies and brownies.

"It's fun to bake things for people," Callison said.

Once, she made German chocolate brownies for the girls on her cross-country team. One of the girls left Callison a note saying that



Cindy Callison poses with her dog Aspen.

Photo provided by Cindy Callison

the brownies were so like her grandmother's that she had to tell her coach about it. The girl ended up ordering an entire pan of them to take home for the holidays and share with her family.

Both Upland Confections and Aunt Cindy's Goodies show that connection can be baked no matter where you are, whether that be the big city or a small town in the cornfields.



Aunt Cindy's stand open for business.

Photo provided by Eryn Collard

Aunt Cindy's Brownie Bottom Cheesecake

Prep time: 40 min. Cooking time: 1 hour

BROWNIE BOTTOM

1/2 cup (1 stick) butter
4 squares BAKER'S Unsweetend Chocolate
1 1/2 cups sugar
2 eggs
1/4 cup milk
1 teaspoon vanilla
1 cup flour
1/2 teaspoon salt

Heat oven to 325 F

-Melt butter and chocolate in 3-quart heavy saucepan over low heat, stirring constantly; cool.

-Add sugar and eggs, 1 at a time, mix until blended after each addition. Blend in milk and vanilla.

-Stir in combined flour and salt, mixing until blended.

-Spoon into greased and floured 9x3-inch spring-form pan, spreading evenly.

-Bake 25 minutes.

CHEESECAKE

3 (8 oz) pkgs. PHILADELPHIA cream cheese
3/4 cup sugar
1 teaspoon vanilla
3 eggs
1/2 cup sour cream

-Beat cream cheese, sugar and vanilla at medium speed with electric mixer until well blended. Add eggs, 1 at a time, mixing at low speed after each addition, just until blended.

-Blend in sour cream; pour over brownie bottom (filling will almost come to top of pan).

-Bake 55 to 60 minutes or until center is almost set. Run knife or metal spatula around rim of pan to loosen cake; cool before removing rim of pan. Refrigerate 4 hours or overnight. Let stand 30 minutes at room temperature before serving. Drizzle with assorted ice cream toppings, if desired.

Home is Where

How baking connects us to our roots

By Noelle Yew



Photo provided by Laura Edwards

Laura Edwards keeps tradition alive in the kitchen.

“When I had a baby or I had a loss or when I moved, a Brazilian friend would come midafternoon the day of the move and bring a Brazilian banana bread, which is different than the U.S. version. Just arrive with something homemade, recently baked with a good smell. I think it’s a very real gift and a blessing.”

Laura Edwards, online faculty at Taylor University, started teaching at Taylor 14 years ago.

She originally came to the states from Brazil during high school before returning a second time for college. After getting married, she and her husband became career missionaries in Brazil for 22 years.

Edwards’ mom was an amazing cook and baker. She has countless wonderful memories of come home from school to the smell of delicious food filling the house.

Brazilian cheese bread is very popular in Brazil. It is something Edwards makes frequently for her family and others.

“Cheese bread is not a ‘real bread’ but more like a cheese roll,” Edwards said. “It’s close to banana bread, and something that you eat with coffee. You could have it for breakfast or an afternoon snack.”

Edwards frequently makes truffle-like baked goods called brigadeiros, common in Brazil for birthday parties, weddings or any other gatherings. They are some of her favorite Brazilian treats.

Edwards sees food as a universal connector, and she uses baked goods often as a way to love on people, she said.

“Dr. (Michael) Lindsay (Taylor University president) loves the brigadeiros,” she said. “So, I have made them for his family a few different times.”

Edwards loves to bake often for the people around her --- for holidays like Christmas, neighbors on their birthday and other special occasions.

Bringing someone baked goods is especially meaningful when they are going through a difficult time in their life, Edwards said.

Edwards doesn’t believe this practice needs to be in times of hardship. Any stressful situation can be helped by offering a sweet treat.

This practice has blessed her countless times.

In these moments, she is reminded of Elijah from the Bible.

In 1 Kings 19, he was going through a time of depression, but God didn’t attack him for lack of faith or confront him about it. He simply put Elijah to sleep. When he woke up, there was bread baking in the oven.

the Oven Is

“There is a beautiful smell, I think, of freshly baked bread that can be very healing,” she said. “I think its particularly meaningful in times of transition or hurt.”

Edwards said there are times where a particular smell or taste transports her right back home to her childhood in Brazil.

As her daughters have grown up and started families of their own, she sees something special in the way they continue to make the same recipes and practice the same traditions she does.

Now, they make the Brazilian cheese breads for their neighbors and those around them. It grounds them to home. It also gives them a way to continue serving people.

“Those smells are so powerful,” Edwards said. “Even though I’m in the Midwest, it smells like Brazil when I make those things, so it’s a great connector.”

Edwards emphasizes the aspect of hospitality in the bible. Jesus breaking bread and partaking in it with others is a great reminder of love and community, she said.

Edwards believes good things happen around food.

Samuel de Paiva Naves Mamede, professor of management at Taylor, feels the same way. His story is also filled with emotional experiences surrounding baked goods from Brazilian culture.

Although he has been teaching at Taylor since 2024, he hasn’t forgotten about his roots.

“In Brazil we have a lot of baked goods stores,” Mamede said. “Every day in Brazil, if you want to go to a baked goods store, you have a lot of different options and every day its completely fresh.”

Edwards kneads bread dough, preparing to fill the kitchen with a nostalgic aroma.



Photo provided by [Laura Edwards](#)

In these stores, they prepare everything on the day. It’s always completely fresh and soft whenever you want it, he said.

Mamede specifically loves when he buys bread and it is so hot that when he spreads butter on it, the butter melts and covers everything. For Brazilians, bread is an everyday necessity.

“Here in the USA, its ‘Let’s grab a coffee.’ And in Brazil, its ‘Let’s grab bread,’” Mamede said. “It’s because bread is more common than coffee.”

Mamede has nostalgic memories of eating bread with jam and cheese every morning at summer camps growing up. In Brazil, he always started his day with some sort of fresh bread.

But in the United States, this is not the case.

He laments the fact that his young daughters don't get to experience the type of fresh bread he grew up with, he said.

“In my best memories when I was with my family, I totally remember about it (bread),” Mamede said. “But I need to create different memories with my daughters because they don't have a chance to do this.”

Photo provided by Samuel Mamede



Samuel Mamede preserves tradition as he crosses cultural barriers with his family.



Brigadeiros Recipe

- 1 can sweetened condensed milk
- 3 tbsp unsweet cocoa
- 2 tbsp semi-sweet chocolate chips
- 2 tbsp butter
- chocolate sprinkles

- In a medium saucepan, combine the condensed milk, cocoa powder, and butter.
- Cook over medium heat, stirring constantly with a wooden spoon or silicone spatula, until the mixture thickens and begins to pull away from the bottom of the pan. This is the true sign that it's done—don't just go by the clock. It usually takes about 10 minutes.
- Transfer the mixture to a shallow bowl and let it cool. I like to cover it with plastic wrap and place it in the refrigerator until it's well chilled—it makes rolling much easier.
- Once cooled, butter your hands lightly, scoop out small portions, and roll into smooth balls.
- Roll each ball in chocolate sprinkles to coat. It's quicker (and more fun) if one person rolls the brigadeiros while another coats them in sprinkles!



Photo provided by Adobe Stock

When Biscuits Cross Borders

By Hannah Sundaram

Are cookies biscuits, or are biscuits cookies?

If you type “Biscuits” into Google, the first thing that pops up are small, round, thick, and flaky baked good, but that is not what many countries in the world think of.

In the US, biscuits are made of flour, butter, milk, and baking powder. They are round and golden, and when you bite into them, they are crispy on the outside and soft on the inside. They taste best warm, and pair well with both sweet and savory toppings. Biscuits are often eaten with butter, jam, gravy, or eggs.

Due to the variety of types of biscuits, it can often create confusion when two people from different countries use the word together.

So, what do biscuits look like in other countries? In many Commonwealth countries, such as India and the United Kingdom, biscuits are flat, crunchy, sweet, and can have toppings or cream on them. Cookies like Oreos, for an American, are biscuits in Commonwealth countries.

Just like languages, food continues to morph and change throughout history. The idea of a biscuit has greatly changed over centuries. The word biscuit originates from *panis biscotus* refers to bread twice cooked in Latin. Throughout history, biscuits have gone through many phases. From being used as post-cards by sailors to being boiled and baked, there truly is no singular form of biscuits.

International Students Society

The Taylor University International Students Society is a student led society with the goal of building community for international students, and well as helping them adjust to living in a new country.

You can contact ISS at:
+(765) 699-0490
Or
[tu_international_students_s](#)
on Instagram



Nicholas Kerston-Johnson, associate professor of International Relation and director of the PPE program at Taylor University, is originally from South Africa, but lived in the UK as well for several years. He used a variety of words to describe biscuits saying, “It would normally be flour and sugar based, and normally round or square, flat, and something you would have with a cup of tea.”

The importance of having it with tea was a fact that Dennis Bray, professor of Theology at Taylor University also seconded, having lived in Scotland for 6 years.

Bray is American and had to learn English lingo when he moved to Scotland. Now that he is back in the US, he has had to relearn American lingo. As he recollected his time in Scotland he said, “We lived in a really small fishing village and sometimes things get confusing. I’d have to stop and think “Okay what’s the correct term for this?”. He is now used to Scottish meaning of biscuits, and him and his wife are trying to stop using the lingo they picked up because “We don’t want to sound silly or pretentious” he said.

Travis Hutton, a freshman at Taylor University, who was born in England, lived in Kenya for two years, and then in South Africa for seven years. For him these differences a cultural shift. Hutton said, “It’s just a different way of saying something and people kind of understand and get where you are coming from quite quickly.”

What is the commonality between American biscuits and biscuits in other places then? It’s the memories and nostalgia associate with biscuits. Johnson said that sometimes he goes and buys a specific kind of biscuit called Marie Biscuit from Cincinnati. “As an immigrant, it brings back the whole range of memories. Not just the biscuit, but so many things associated with growing up in a place.” Johnson said.

So, to go back to the original question:

Are cookies biscuits or are biscuit cookies?

The answer is that at the end of the day it does not matter. Whether you think of biscuits and gravy, or biscuits and tea, what matters the most is the memories these baked goods bring.

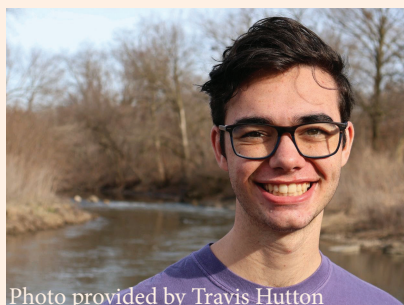


Photo provided by Travis Hutton

Travis Hutton



Photo provided by Dennis Bray

Dennis Bray and his sons Ames and Peri

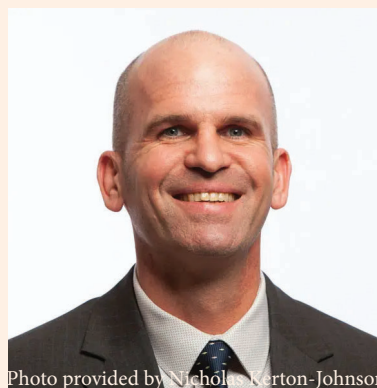


Photo provided by Nicholas Kerston-Johnson

Nicholas Kerton-Johnson

The Science of Baking

How to navigate the kitchen like a chemist

By Noelle Yew

Stan combines her love of baking with her vast scientific knowledge in order to make science relevant to all.



Photo provided by Tricia Stan

What happens when you combine a chemistry professor and a love of baking? Obviously, a chemistry class about food.

Patricia Stan is a chemistry professor at Taylor University where she teaches the Food Chemistry class. While Stan has a huge passion for chemistry, she also has a passion for baking as well.

“My grandmothers were very into nurturing family with food and the stuff that happened around the dinner table,” Stan said.

It was something that surrounded her as she grew up, and it followed her to her adult life.

One sweet treat she really loved growing up were chocolate jumbos, a massive chocolate cookie with white icing on top. Stan said they were a famous staple in her family.

“My grandma always had those when we went to visit her,” Stan said. “So that was definitely a highlight growing up for all of my brothers and sisters, everyone knows what chocolate jumbos are.”

While she still has a passion for baked goods, Stan also has a passion for helping students understand chemistry. The food chemistry class was born out of her desire to find ways to make chemistry more applicable to students.

She can teach them chemistry and the technicalities of what different aspects of recipes are important while also making them more comfortable in the kitchen.



Tricia Stan, along with students Ellie Kamphausen and Alli Vanderheide, creates ice cream using liquid nitrogen.



Stan demonstrates the steps to make mozzarella cheese.

Students Lauren Huitsing and Keira Martin wait patiently in front of the oven to see the fruit of their hard work.



Stan finds hospitality a big reason for this. She sees the faith component as integral to what the class is and does.

“Look at how many places in the bible that we have hospitality, we have fellowship that’s around food, we even have a lot of food pictures or illustrations,” Stan said.

Stan said it was a brownie recipe that really sparked the idea for the class.

The first time she made it, she used measuring cups as any average home baker would. On a whim, she tried it again using a scale and weighted measurements. The second try was far better, Stan said.

Stan understands recipes can be a tricky at times.

Some people like to throw them away and follow their instincts, while some people follow them to the letter. Stan said it really depends on the recipe and the outcome you want for how close to follow it.

“A cake is far more sensitive to little changes than say a cookie,” Stan said.

Stan said bread is in between the two. You need to get used to knowing what you want from your bread or whatever baked good you are making and tinker with the temperature or the wetness or the rise time based on that.

“That’s where the science comes in,” Stan said. “If we can learn a little bit about the science, then we can know ‘oh, it’s okay to change this.’”

Stan’s passion for recognizing the science behind why ingredients do certain things when in contact with other ingredients has only grown as she continues teaching her class.

She continues to encourage this practice, not only in class, but also in life.

“Sharing [baked goods] with friends makes it taste better,” Stan said. “Some of my favorite cooking memories are when were in the kitchen together doing something.”

Tips and Tricks to Become a Scientist in the Kitchen



A scale is far more consistently accurate than measuring cups.



If using a measuring cup, make sure to use the “scoop and sweep” method.



Domino sugar is consistently cane sugar, best for all recipes!



Small, uniform pieces of ingredients cook faster and more accurately.



Use king Arthur flour, it's consistent no matter where you buy it.

Make sure to use the type of flour the recipe calls for.



Salt makes a huge difference in recipes, don't be afraid of it!

Traditions Rising

How baking connects us to those who came before.

By Eryn Collard

Imagine the cozy Christmas of your childhood.

Snow softly falling outside the window. A warm mug of hot cocoa in your tiny hands. Presents piled high underneath the evergreen tree.



The little egg timer in the kitchen chimes. Your grandmother pulls on her well-worn oven mitt and takes out the steaming tray. The sweet scent of freshly baked cookies drifts through the air.



You impatiently run up behind her, ready to have the first taste. Your grandma tells you they're too hot. You must wait until they are frosted. Until the gingerbread man has his gumdrop buttons and the sugar cookie star is covered in golden icing.



Whether you call her Grandma, Nana, Gigi or Gran, you can probably relate to the warm feelings of living out traditions. Of taking part in experiences that tie you to those who came before.

Linda Taylor, assistant professor of professional writing at Taylor University, says that grandmothers are the keepers of traditions.

Tradition is like a chain, Taylor said. "You can kind of carry [it] along into the future, however you might need to adjust it or change it depending on the situations."

She recalls baking and decorating cut out Christmas cookies with her mother and has now passed this tradition on to her children and grandchildren. The tradition has looked different at various stages of Taylor's life; when her kids went away to college and adjusting to one of her grandsons having many food allergies.

For Taylor, tradition means warmth. For Annalee Potts and Edward Meadors, tradition makes them think of family.



Every year, Potts, 18, from Orlando, Florida, and her mom make dozens of cookies to give to neighbors. One of their classic cookies is called a snowball—a ball of cookie dough stuffed with a piece of chocolate, baked and rolled in powdered sugar. They use a recipe passed down by Potts’ great-grandmother.

“We have to be like, Gigi, please let this work every single year because if we don’t, they turn out so flat,” Potts said. “But like, when you thank Gigi for it, they turn out somehow.”

She says that traditions provide a shared connection with family that you never got to know, like her Gigi.

Meadors, professor of biblical studies at Taylor University, says that for him, tradition evokes memories of family, holidays and food.



A young Linda Taylor and her father decorate cookies.



Taylor's dog, Trixie, eyes the frosted cookies.

Photos provided by Linda Taylor



Annalee Potts and her brothers decorate cookies then (above) and now (below).



Photos provided by Annalee Potts

“Time around the table... stories my parents told, just the feeling of being together with my family. Kind of the warm and cozies of all of that,” Meadors said.

Tradition often involves food: the preparing, making and eating of it.

Kyah Miller, a sophomore at Taylor University, makes sugar cookies with her mom for holidays. They use a recipe that has been passed down in their family for multiple generations. Miller’s mother is the only one who knows how to bake them because exact measurements were never written down.

Miller hopes to be able to receive the recipe from her mother someday so that their tradition doesn’t die.

She said that tradition connects generations together.

“Tradition, it is kind of a passing on of a legacy of sorts, or part of a legacy,” Miller said.





This legacy can be cultural, as is the case for Louise Markovic, a grandmother from Michigan.

Markovic's father was from Serbia, so many of her traditions, especially the ones involving baking, reflect that heritage. One she loves is the kifla cookie—a thin log of puff pastry filled with fruit jelly and dusted with powdered sugar.

She bakes kifla every Christmas using her grandmother's recipe.

Markovic lost her mother at a young age, so tradition has been especially important in her life.



A young Madelyn (left) and Eryn (right) Collard cut out Christmas cookies.



Louise Markovic (center) bakes for family friends Eryn (left) and Madelyn (right) Collard.

"My mom's not here, but I could still carry on her family recipes and traditions, and our love still carries on," Markovic said. "So one day when I'm not here, my love will carry on with my children, and then they can pass it down to their children."

However, sometimes traditions run their course.



Christi Smafield, a mom of three from Michigan, asks her kids which traditions they want to keep doing each year. Some traditions that were important to her, her kids don't want to continue.

Smafield herself has dropped traditions over the years. She remembers a few kinds of cookies that her grandmother used to make that she didn't continue baking because they never tasted as good as how her grandma made them.



"Tradition is a way to hold onto memories from the past," Smafield said. "It reminds me of people that I want to remember as well."

While she doesn't make all of the same cookies that her grandmother used to, Smafield still remembers her every year by making seven-layer cookies. These cookies, along with others, go in Christmas cookie tins that she hands out to friends and family.



Louise Markovic (center) celebrates Christmas with teenage Madelyn (left) and Eryn (right) Collard.

Photos on this page provided by Tammy Collard

Tradition isn't only about shared history within a family; it can also involve sharing with a whole community.

Carmela Burns, a baker and volunteer from the article on pag, started a tradition in her community of handing out free Christmas dinner meals to anyone in her town who needs or wants one. In the past, Burns and her team of volunteers have distributed more than 6500 dinner plates.



Tradition is about something bigger. Burns and others willingly give up time out of their Christmas Day to serve those around them. Smafield and Potts spend hours baking cookies to share with loved ones and neighbors.

Traditions provide opportunities for connection. Connection with generations past and present, with friends, family and neighbors.

Next time the holidays roll around, it doesn't matter if you're making snowballs, sugar cookies, kifla or seven-layer bars; you can be the one to bake tradition in your oven.

KIFLA COOKIES

Recipe provided by Louise Markovic



Photo provided by Adobe Stock

Ingredients:

1 lb butter

12 oz cream cheese

3 1/2 cups flour

1 lemon

1 can raspberry apricot jelly

Instructions:

-Sift flour in a large bowl

-Mix in butter, cream cheese, and squeeze lemon

-Mix with a mixer

-Roll dough until it comes together

-Once combined, make 90 small balls and put them in a pan with wax paper between them

-Refrigerate overnight

-Next day, roll each ball out with a rolling pin and fill with jelly

-Bake at 350 degrees for 17 minutes

-Let cool and enjoy!



The Taste Of Comfort

By Hannah Sundaram

Your car broke down, a bird pooped on you, and you stubbed your little toe on the table leg. After catastrophes like this, some may turn to their bed for comfort, and others may turn to baked treats. However, baked treats are a spectrum from sweet to savory, so which side are people more comforted by?

There are many factors that can create someone's comfort food. For some it can be nostalgia or childhood memories. For another it may simply be cravings in the moment. When we take in sugar and carbs our brains release dopamine. This is usually why when we feel down, we look for sweet or carb-based treats instead of fruits or vegetables.

I conducted a survey to assess whether people are comforted by sweet or savory baked goods. 86.4% of the respondents associated the word treat with something sweet, while 14.6% of the respondents associated it with something savory.

The overall response was more in favor of sweet treats than savory treats. For example, more people would reach for chocolate cake instead of bread after a hard day. The smell of cookies was also more nostalgic for people than the smell of breadsticks.

When asked what a comfort baked good was for them, the most common answer was bread in any form, with brownies being almost neck to neck. There were also a few unique answers such as sweet potato casserole and piadina.

The culture one grows up in can also create associations with baking. For example, one responder from India said she had trouble filling out the survey because it catered more to a Western style of baking. Another responder from Pakistan said that she did not have nostalgic associations with baking, but she did with the sounds of a pressure cooker.

I became curious about what creates these associations with comfort, and how taste can become associated with that. I believe that that survey conducted showed me that a couple of factors that can create these associations are nostalgia and memories.



For example, when asked what a comfort baked good many people gave little anecdotes of why that baked good had meaning. One responder wrote, “Poppy-seed bread made by my mom and no one else. And all my mom’s Christmas treats- mint fudge brownies, date balls, fudge, Andes mint cookies, etc.”



When asked about core memories related to baking, no one reminisced about how the cake tasted, everyone only recollected fond moments with family and friends. One responder said, “I remember baking with my mom in Delhi. I remember coming home from school to the smell of freshly baked bread, it was awesome. Whenever I smell fresh bread, I remember those small moments with my mom.”



Another person wrote about how their father would make cinnamon rolls when their family lived in China. It was interesting to see how many people referred to food made by family members, or memories associated with the food.



Another responder’s family actually owns a bakery, so the entire process, from mixing the ingredients to delivering the baked good, was a core memory for them.

At the end of the day, sometimes more than the taste, it’s the associate love and memories that comfort us. There may be an overall leaning towards sweet treats, but comfort food can look different for each person. After a hard day, we are comforted by taste and textures, as well as memories.

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