

Tour de Cure  American
Diabetes
Association.

AT LAKE NONA®

teamSAIC

2012 BAKE OFF RECIPES



ADA FUNDRAISER

L a k e N o n a T o u r d e C u r e

© Copyright March 18, 2012

Forward

teamSAIC organized this Bake Off fund raiser to aid in gathering donations for the America Diabetes Association Lake Nona Tour de Cure.

This event was a success in part to all the volunteer bakers who stepped up to the plate and the judges for providing their time and donations. The bakers and judges were one of the reasons why we surpassed our team goal of \$8,000 in total donations.

When the votes were tallied the standings of the top 3 desserts were:



Bevan L. Bigier's
Key Lime Chesse Cake



Don Stevic's
German Chocolate Cake



Sayuri Dowdel's
Almond Caramel Cookies

Diabetes Types

Type 1

Previously known as juvenile diabetes, the body's immune system destroys insulin-producing cells in the pancreas.

- Only 5% of people with diabetes have this form of the disease.
- Young children

Type 2

Either the body does not produce enough insulin or the cells ignore the insulin.

- The most common type of diabetes accounting for 90% - 95% of people with diabetes. It's been seen more in children with diabetes too.
- Effects African Americans, Latin African Americans, latinos, Native Americans, Asian Americans, Native Hawaiians, other Pacific Islanders and as well as the aged populations

Gestational

During pregnancy usually around the 24th week many women develop gestational diabetes



Why We Donate

Why We Donate

Donations take on many forms, starting at riding for a cure, donating to a rider, assisting in raising funds or just volunteering your time to work at the event.

We donate on behalf of nearly 24 million Americans with diabetes and their families and friends, we count on you to help make a difference!

The funds we raised will support the American Diabetes Association's important research, information and advocacy efforts and its mission: to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

Diabetes Facts (CDC)

Diabetes affects 25.8 million people, 8% of the population
18.8 million Diagnosed and 7.0 million Undiagnosed

U.S. residents by age (2010)

- > 65, 10.9 million or 26%
- < 20, 215,000
- > 20, 1.9 million

People who have prediabetes by age from 2005 – 2008. Base on glucose and hemoglobin A1c levels

- > 20, 35%
- > 65, 50%
- > 20, 79 million people estimated in 2010

Effects to the Body

- Leading cause of death in the U.S.
- Leading cause of kidney failure, lower limb amputations, and blindness
- Major cause of heart disease and stroke

"Only a life lived for others is a life worthwhile." - Albert Einstein

Table of Contents

Almond Caramel Cookies by Sayuri Dowdel	2
Chocolate Cupcakes by Diana Dittman	4
Double Chocolate Cherry Dessert Pizza by Jennifer McCormack.	6
Extreme Chocolate Cake by Stephanie R. Schutt	8
Flourless Chocolate Torte by Susan Gugel	10
German Chocolate Cake by Don Stevic.	12
Guava Cake by Claudia Estevez	14
Key Lime Cheese Cake by Bevan L. Bigler	16
Mocha Truffle Decadence by Lisa Vance	18
Wacky Cupcakes by Kimberly A. Welch	20
teamSAIC	22
Why We Donate	24

Almond Caramel Cookies

by Sayuri Dowdel

Ingredients

Cookie Dough

- 2 cups Cake Flour
- 1/2 teaspoon Baking Powder
- 1 2/3 cups Sliced Almonds
- 1 stick Butter
- 1/2 cup Sugar
- 1 Egg

Caramel Topping

- 1/2 cup Sugar
- 1 tablespoon Honey
- 1/4 cup Heavy Cream
- 7 tablespoons Butter
- Chocolate for Garnish (optional)



We THANK YOU for your support!!!



teamSAIC

teamSAIC <http://www.sdpaintballers.com/TdC/2012/>

This year we have obtained the #4 position on the ADA Lake Nona's Corporate top 10 list. We have movers and shakers on this team.

We also increased our team numbers by 1000% to 20 total volunteers comprised of 17 riders and 3 fundraisers (Allison Morales, Chris Campbell & Roe Estand), a far cry from last year's team of 2 riders. teamSAIC covered 990.3 miles in a span of 7 hours on Sunday, March 18, 2012 at Lake Nona.

25 miles	62 miles	100 miles
Carol Yip Danielle Cohen Drew Obeng Jeff Cooke	Andria Giles Jodel Jerome Jonathan Nunes Kenesha Osbourne R. Glenn Brosch Zrain Olivencia	Chester Laird John Legarreta
Formerly SAIC: Sarah Henrikson	SAIC Friends: Angel Rivera Ivy Williams	SAIC Friends: Juan Florez Stella Marin



Directions

1. Preheat oven to 360F and place parchment paper on baking sheet. I used 11 X 11 sheet.
2. Bake sliced almonds in 360F oven for about 5 minutes until golden brown
3. Combine room temperature butter and sugar in a bowl. Mix it until it's fluffy and turned white.
4. Add eggs and mix well.
5. Sift cake flour and baking powder over the butter and egg mixture and fold it by a spatula.
6. Let the cookie dough rest in the fridge for 30 minutes.
7. Roll the dough in the sheet pan and pierce by fork. Bake it for about 15 minutes.
8. Put all ingredients for caramel topping in the sauce pan and cook it until it's turned into milk caramel color.
9. On the top of the baked cookie, place almonds and pour caramel mixture.
10. Bake it for 20 more minutes.
11. Cut into the cubes when it's cooled down. If you want, dip the cookie into melted chocolate.

Chocolate Cupcakes

by Diana Dittman

Ingredients

Cupcakes

- 1 $\frac{3}{4}$ cups All Purpose Flour
- $\frac{1}{4}$ cup Unsweetened Cocoa Powder
- $\frac{3}{4}$ teaspoon Baking Soda
- $\frac{1}{2}$ teaspoon Baking Powder
- $\frac{1}{2}$ teaspoon Salt
- 1 $\frac{1}{2}$ sticks Unsalted Butter, softened
- $\frac{3}{4}$ cup Brown Sugar, lightly packed
- 2 Large Eggs
- 2 ounces Unsweetened Chocolate, melted
- 1 cup Buttermilk
- 1 teaspoon Vanilla

Chocolate Frosting

- 1 stick Butter
- 2 ounces Semisweet Chocolate
- $\frac{1}{2}$ cup Unsweetened Cocoa Powder
- 1 box (16 ounces) Confectioners' Sugar
- $\frac{1}{3}$ – $\frac{1}{2}$ cup Milk



Directions

1. Preheat oven to 350 degrees.
2. In a 9x13 ungreased pan whisk together the dry ingredients first.
3. Make 3 holes in the flour and add equal amounts of the liquid ingredients to each:
 - 2 teaspoon Vanilla Extract
 - 2 tablespoon vinegar (the type of vinegar is my secret but you can experiment to see what kind you prefer)
 - $\frac{1}{3}$ cup vegetable oil (you can also use slightly more or less oil to your taste)
4. Lightly whisk everything together and add 2 cups of warm water. Less than a minute of whisking should result in a well-mixed batter. It's OK if the batter looks slightly lumpy as it dissolves out in the first few minutes of baking.
5. Bake 25-35 minutes or until done. Over-cooking by just a few minutes will result in a dryer cake that does not keep as long.

The cake is a great base chocolate cake for fruit toppings or with frosting, but we usually enjoy it plain or with a light dusting of confectioner's sugar. This cake does not separate from the pan easily, so it is best served in the pan used to bake it. The left-over cake keeps best if refrigerated.

Wacky Cupcakes

by Kimberly A. Welch

Ingredients

- 3 cups Flour
- 2 cups Sugar
- 7 tablespoon Unsweetened Baking Cocoa
- 2 teaspoon Baking Soda
- 1 teaspoon Salt
- 1/3 cup Vegetable Oil
- 2 teaspoon Vanilla Extract
- 2 tablespoon Vinegar



Directions

Cupcakes

1. Preheat oven 350. Line muffin cups with paper liners.
2. Whisk flour, cocoa powder, baking soda, baking powder, and salt in bowl. In a separate bowl, beat butter and sugar with electric mixer until light and fluffy.
3. Add the eggs, one at a time, beating well after each egg. Beat in the melted chocolate. Reduce speed to low and add the flour mixture alternately with the buttermilk, beginning and ending with the flour mixture and beating just until blended. Stir in vanilla.
4. Fill each muffin cup 2/3 full. Bake until golden and a toothpick inserted comes clean, about 15-20 minutes. Remove cupcakes from baking pans place on wire rack. Allow to cool completely.

Chocolate Frosting

1. Combine butter and chocolate in small saucepan. Melt over medium heat, stirring constantly. Add cocoa powder and stir until smooth. Transfer the mixture to a large mixing bowl and beat with electric mixer.
2. Add the confectioners' sugar alternately with the milk, adding more milk if necessary to thin. Beat until fluffy and smooth.

Double Chocolate Cherry Dessert Pizza

by Jennifer McCormack

Ingredients

- 1 pkg refrigerated Chocolate Chip Cookie Dough
- 2 squares (1 oz each) Unsweetened Baking Chocolate
- 1 pkg (8 oz) Lite Cream Cheese, softened
- ¼ cup Powdered Sugar
- 1 tablespoon Milk
- ½ teaspoon Almond Extract
- ½ container Whipped Topping
- 1 can Cherry Pie Filling
- ¼ cup Toasted Sliced Almonds



Directions

Prep time: 15 minutes. Bake time: 1 hr. Chill 2 hours.

1. Preheat oven to 350 F. Butter 9-inch (approx) spring form pan.
2. Combine chocolate, sugar and espresso powder in the bowl of a food processor. Process on high about 30 seconds. While the food processor is running, pour in ¾ cup boiling water. Continue to process for an addition 20 seconds as the chocolate melts. Add the butter, eggs, and vanilla. Mix until thoroughly combined as a thin consistent batter.
3. Pour into spring form pan and shake to spread evenly. Bake 55 to 60 minutes – cake will appear dry on top and slightly cracked. Remove from oven and cool on a wire rack for 20 minutes.
4. NOTE: The cake will likely be at the top of the spring form pan when you remove it but will sink in the center as it cools.
5. To remove the pan from the pan, run a knife around the edge of the spring form pan to release, open the pan and remove the outside rim. Cover the cake and refrigerate until well chilled (at least 2 hours) or overnight.
6. When ready to serve, remove cake from refrigerator about 15 to 30 minutes prior to serving. Allow cake to warm to room temperature. Slice and serve with confectioners or decorator sugar for finishing presentation. Serve with fresh berries and fresh whipped cream OR top with vanilla ice cream and strawberries.

Mocha Truffle Decadence

by Lisa Vance

Ingredients

Gluten Free, Wheat Free, Nut Free

12 oz Semisweet Chocolate, chopped

1 ½ cups Sugar

1 tablespoon Instant Espresso Powder

¾ cup boiling water

12 tablespoon (1 ½ sticks) Unsalted

Butter, at room temperature

6 Large Eggs

1 teaspoon Vanilla Extract

Confectioners or decorator sugar (for decoration)

Each cake serves approximately 12.

A serving is approximately 373 cal, 22g Fat, 13mg Cholesterol, 2g Fiber, 5g Protein, 44g Carbohydrates and 40mg Sodium

NOTE: Replace the boiling water and espresso powder with ¾ c fresh hot espresso, if available.

Variation: Replace the Vanilla Extract with almond extract and top with toasted almond slivers prior to baking for a nutty delight.

Casein Free: Replace the butter w/ butter casein free butter substitute.



Directions

1. Crumble cookie dough into baking bowl. Microwave for 30 seconds to soften. Melt chocolate and mix with cookie dough until thoroughly blended.
2. Shape cookie dough in ball and roll to ¼ thickness on pizza stone or cookie sheet. Bake at 350°F for 12-14 minutes until edges are set. Cookie crust will be soft, do not over bake. Cool crust for 10 minutes and loosen from stone using spatula. Let finish cooling on sheet for 1 hour.
3. Mix softened cream cheese with sugar and almond extract. Fold in ½ cook whip into cream cheese.
4. Spread cream cheese mixture over cooled cookie. Spoon cherry pie filling over cream cheese and top with sliced almonds. Refrigerate 2 hours and cut into wedges for serving.

Extreme Chocolate Cake

by Stephanie R. Schutt

Ingredients

Cake

2 cups Sugar, white
 1 3/4 cups All Purpose Flour
 3/4 cup Unsweetened Cocoa Powder
 1 1/2 teaspoons Baking Soda
 1 1/2 teaspoons Baking Powder
 1 teaspoon Salt
 2 Eggs
 1 cup Milk
 1/2 cup Vegetable Oil
 2 teaspoons Vanilla Extract
 1 cup Boiling Water

Frosting

3/4 cup Butter
 1 1/2 cups Unsweetened Cocoa Powder
 5 1/3 cups Confectioners' Sugar
 2/3 cup Milk
 1 teaspoon Vanilla Extract



Directions

1. Mix all ingredients for the crust; press flat into a 10" spring form pan.
2. Bake the crust at 400 degrees for approximately 8 minutes,
3. Remove from oven and allow it to cool for 30 minutes.
4. Mix all ingredients for the filling and pour over the cooled crust.
5. Bake at 475 degrees for 9 minutes.
6. Reduce oven temp to 200 deg. (do not open the door) and bake for 52 minutes.
7. Turn off the oven (do not open the door) and bake for 60 minutes.
8. Remove from the oven and use a knife to run along the edge of the spring form pan.
9. Refrigerate for at least 4 hrs before removing it from the spring form pan.

Optional

1. Mix the ingredients for the topping, spread out in a baking dish and bake at 400 deg. for 8 minutes.
2. Let the graham cracker crumbs cool for 15 min and then break apart into small pieces.
3. Melt the butter for the glaze in a small pot; mix in the water.
4. Mix in the powdered sugar until smooth and then pour over the cheesecake.
5. Immediately sprinkle on the graham cracker topping.

Key Lime Cheese Cake

by Bevan L. Bigler

Ingredients

Crust

- 1 1/2 Cups Flour
- 1/2 Cup Sugar
- 1 Stick of Butter, melted
- 1 Egg

Filling

- 40 oz Cream Cheese, softened
- 1 3/4 Cups Sugar
- 1/4 Cup Heavy Cream
- 5 Eggs
- 1/2 Cup Lime Juice

The Glaze (optional)

- 1/3 Cup Butter, melted
- 2 Cups Powdered Sugar

Topping (optional)

- 2 tablespoon Butter, melted
- 1/2 tablespoon Sugar



Directions

Cake

1. Preheat oven to 350 degrees F (175 degrees C). Grease and flour cupcake pans (or you can use 9 inch pans ... increase baking time to 30 to 35 minutes).
2. Use the first set of ingredients to make the cake. In a medium bowl, stir together the sugar, flour, cocoa, baking soda, baking powder and salt. Add the eggs, milk, oil and vanilla, mix for 3 minutes with an electric mixer. Stir in the boiling water by hand. Pour evenly into the prepared pans.
3. Bake for 12 to 14 minutes in the preheated oven, until a toothpick inserted comes out clean. Cool for 10 minutes before removing from pans to cool completely.

Frosting

1. Cream butter until light and fluffy.
2. Stir in the cocoa and confectioners' sugar alternately with the milk and vanilla.
3. Beat to a spreading consistency.

Flourless Chocolate Torte

by Susan Gugel

Ingredients

- 1 lb Dark Chocolate
- 2 sticks of Unsalted Butter
- ¼ cup Amaretto
- 8 Eggs, can use egg beaters
- ¼ cup of Sugar
- ½ teaspoon of Salt
- 1 teaspoon Vanilla Extract



Directions

1. To make the cake, preheat the oven to 350°F. Grease two baking pans.
2. Beat cake mix, water, oil and eggs in a large bowl on low speed 30 seconds, then on medium speed 2 minutes.
3. Pour half the mixture into one baking pan and the other half into the other baking pan.
4. Bake the cakes for 20-25 minutes depending on the size of the baking pans. The cakes will be done when a knife or toothpick inserted into the center of each cake comes out dry.
5. Cool the cakes in the pans on wire racks for about 15 minutes.
6. To make the guava filling, in a medium saucepot over medium-low heat, add guava paste pieces and ¾ cup water. Cook, stirring occasionally, until guava paste is smooth and thick to spreadable consistency, about 8-10 minutes. Do not let the filling boil.
7. To assemble the cake, place 1 cake layer on a serving plate. Pour the melted guava filling onto the center using a small offset metal spatula, and spread it into an even layer, leaving a ½ inch border around the edge of the cake layer. Carefully place the second layer on top of the guava filling.
8. Allow to cool before serving, as filling will be extremely hot.
9. Dust with confectioners' sugar just before serving.

Guava Cake

by Claudia Estevez

Ingredients

White Cake

- 1 box of White Cake Mix
- 1 ¼ cups of water
- ¾ cup Vegetable Oil
- 3 Eggs

Guava filling

- 2 cups Guava Paste (about 14 oz), divided into 6 pieces
- ¾ cup of water



Directions

1. Melt 1 lb dark chocolate, 2 sticks of unsalted butter, and ¼ cup Amaretto in the top of a double boiler until melted.
2. While it is melting, In a separate bowl combine 8 eggs (I use egg beaters), ¼ cup of sugar, ½ teaspoon of salt, and 1 teaspoon vanilla, beat this egg mixture for 5 to 10 minutes.
3. Fold egg mixture into chocolate mixture slowly. Pour into a well buttered 9 inch spring form pan.
4. Bake at 300 for 40 minutes in a water bath*.
5. When done, cool on a wire rack and then refrigerate overnight. Garnish with cocoa, powdered sugar, or chocolate ganache.

*Note: To create water bath wrap foil around the spring form pan. Place the wrapped spring form pan into a large roasting pan. Fill the roasting pan with boiling water.

German Chocolate Cake

by Don Stevic

Ingredients

Cake

- 4 oz. German Chocolate
- ½ cup Boiling Water
- 1 cup Butter
- 2 cups Sugar
- 4 eggs (separated)
- 1 teaspoon Vanilla Extract
- 2 ½ cups Cake Flour (or 2 ½ cups Flour, ¼ cup Corn Starch)
- 1 teaspoon Baking Soda
- ½ teaspoon Salt
- 1 cup Vanilla Yogurt

Frosting

- 3 Egg Yolks
- 1 cup Evaporated Milk
- 1 cup Sugar
- 1 tablespoon Butter
- 1 ½ Flaked Coconut
- 1 cup Chopped Pecan
- 1 teaspoon Vanilla Extract



Directions

Cake

1. Boil water. Melt chocolate in the water then set aside
2. Cream butter and sugar
3. Add egg yolks to butter and sugar one at a time, mix well after each
4. Add vanilla and chocolate
5. Sift flour, soda, and salt
6. Alternately add dry ingredients and yogurt about 1/3 at a time mixing well after each addition.
7. Beat egg whites to stiff peaks.
8. Fold into batter

Frosting

1. Beat the eggs, milk, sugar, and butter.
2. Cook over medium heat for 12 minutes, stirring until thick.
3. Remove from heat and add coconut, pecans and vanilla.
4. Stir until smooth and it reaches spreading consistency.