

What Folding Means in Baking

Folding is a way to mix two ingredients gently so you don't lose the air bubbles in one of them. This keeps your batter light and airy so your cake or baked good rises well and stays soft.



Why You Fold Instead of Stir

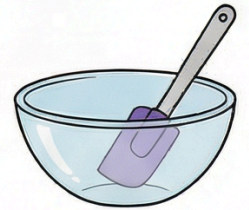


- Some ingredients, like whipped egg whites or whipped cream, are full of tiny air bubbles
- If you stir or beat too hard, those bubbles get squashed and your bake can turn out dense or flat
- Folding helps you mix without knocking out that air



What You'll Need

- A wide bowl — gives you room to move your spatula
- A spatula or flexible scraper — flat and wide works best



How to Fold (in simple steps)



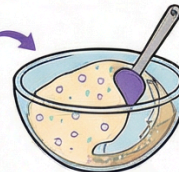
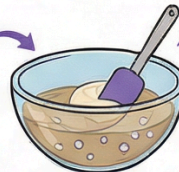
1. Put the heavier mixture in your bowl first (like cake batter)



2. Add just part of the lighter mixture on top (like whipped egg whites)



3. Slide your spatula down through the center, across the bottom, and by the side — gently scooping and turning the batter over itself



4. Turn the bowl a little and do it again



Folding Tips



Go slow and gentle — rushing or pressing too hard pushes the air out



Fold until it's just mixed — you don't need to overwork it



A bigger bowl helps keep things light and makes folding easier

4. Turn the bowl a little and do it again



5. Keep adding in the rest of the lighter mixture and folding until the color and texture lock evenly combined — with no big streaks



When You'll Use Folding

Folding shows up in recipes that need lightness, such as:

✓ Sponge cakes

✓ Angel food cakes

✓ Muffins with whipped ingredients

✓ Soufflés or delicate batters



Quick Summary

Folding is a gentle mix that protects air bubbles so your finished bake stays fluffy instead of dense. Take your time, use a good spatula, and combine gently until everything looks smooth.