**METHODS OF COMBINING INGREDIENTS**

1. **CREAMING** – to soften fat mixed with sugar, using the back of a wooden spoon against the side of a bowl.
2. **STIRRING, COMBINING OR MIXING** – evenly distributed ingredients using a wooden spoon in fat circular motion.
3. **Beating, Whipping** – can use a wooden spoon, wire whisk, hand beater or electric mixes. A fast circular motion to combine ingredients and incorporate air.
4. **Folding** – cutting vertically through mixture, sliding across the bottom of the bowl, up the side and turning over. Use rubber spatula and combine lightly to avoid loss of air.
5. **Tossing** – move fork along side of the bowl to the bottom and lift upwards.
6. **Cutting In** – solid fat is combined with dry ingredients, using a pastry blender in an up and down motion.
7. **Kneading** – to work dough with hands by folding over on itself, pushing down and away with heels of your hands, turning ¼ turn after each motion.
8. **Rolling** – using a floured surface, roll from the center out to, but not over, the edge of the dough.