|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Ingredient** | **Strengthens or Toughens** | **Weakens or Tenderizes** | **Moistens** | **Dries** | **Leavens** |
| Butter |  | X |  |  |  |
| Shortening |  | X |  |  |  |
| Cocoa butter |  | X |  |  |  |
| Cocoa powder |  |  |  | X |  |
| Flour | X |  |  | X |  |
| Starches (potato, corn, tapioca, etc.) |  |  |  | X |  |
| Eggs | X | X | X |  | X |
| Sugar |  | X | X |  |  |
| Oil |  | X | X |  |  |
| Syrups (maple, corn, molasses, honey, etc.) |  | X | X |  |  |
| Dairy (liquid milks, creams, yogurts) |  |  | X |  |  |
| Dry milks |  |  |  | X |  |
| Baking soda |  |  |  |  | X |
| Baking powder |  |  |  |  | X |
| Yeast |  |  |  |  | X |
| Air |  |  |  |  | X |
| Water |  |  | X |  | X |
| Flavorings |  |  |  |  |  |

\*Adapted from: http://www.theelevatedkitchen.com/guides/4