|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **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