High Altitude Cooking

Simply put, the weight of air on any surface it comes in contact with is called air (or atmospheric) pressure. There's less (or lower) air pressure at high altitudes because the blanket of air above is thinner than it would be at sea level. As a result, at sea level, water boils at 212 degrees; at an altitude of 7,500 feet, however, it boils at about 198 degrees because there is not enough air to inhibit boiling action. This also means that foods will take longer to cook because they're heating at a lower temperature. Lower air pressure also causes boiling water to evaporate more quickly in a high altitude. This decreased air pressure means that adjustments in some ingredients and cooking time and temperature will have to be made for high altitude baking, as well as cooking techniques such as candy making, deep-fat frying and canning. In general, no recipe adjustment is necessary for yeast-risen baked goods, although allowing the dough or batter to rise twice before the final pan rising develops a better flavor.

High Altitude Adjustments for Baking

Ingredient:	3,000 ft.	5,000 ft.	7,000 ft.
Baking powder: For each teaspoon, Decrease by: 25%	10%	10-25%	
Sugar: For each Cup, decrease by:	5- 10 %	10%	20%
Liquid: For each Cup, add:	5- 10 %	20%	20- 25%

Approximate Boiling Temperature of Water at Various Altitudes

Altitude:	Boiling Point of Water:	
Sea Level	212.0 F	100.0 C
2,000 Ft.	208.4 F	98.4 C
5,000 Ft.	203.0 F	95.0 C
7,500 Ft.	198.4 F	92.4 C
10,000 Ft.	194.0 F	90.0 C

For Successful Recipes:

1. Increase your time.
2. Decrease baking powder by 10-25%, depending on your altitude
3. Decrease sugar by 5-10%, depending on your altitude
4. Increase your liquid by 5-25%, depending on your altitude.