

Here are the elevations in the Roaring Fork Valley to fast-track your cooking and baking adjustments:  
ASPEN - 7,908 FEET | BASALT - 6,611 FEET | CARBONDALE - 6,171 FEET | GLENWOOD SPRINGS - 5,761 FEET

## BAKING AND COOKING CONVERSION CHART

OVEN TEMPERATURE	Increase oven temp by 15-25°F to help baked goods set up a bit faster as liquids evaporate more quickly at altitude.
BAKING TIME	Decrease cook time by 20-30% to compensate for the increased oven temperature.
FLOUR	Increase by 1 tablespoon at 3,500 feet, and by 1 tablespoon per 1,500 feet after that to regulate the rise and add structure to baked goods as they rise during cooking.
SUGAR	As the liquids in your recipes evaporate faster at altitude, the concentration of sugar increases. To keep your baked goods from collapsing, decrease by 1 tablespoon per cup of sugar called for in the recipe.
LIQUIDS	At elevations above 3,500 feet, compensate for faster evaporation by increasing liquids such as milk, eggs, water or oil by 1 to 2 tablespoons and then 1 ½ teaspoons for every additional 1,000 feet. This will prevent baked goods from drying out and crisping up before they rise.
BAKING POWDER AND BAKING SODA	To help baked goods rise more gradually at higher elevations, decrease your leavening by 20% above 3,500 feet, by 50% above 5,000 feet, and by 75% above 6,500 feet.
YEAST	Yeast baked goods will rise faster at altitude because of increased pressure. Decrease yeast by 25% above 3,500 feet to account for the shorter rising time. This also prevents breads from collapsing in on themselves.
RICE	For stovetop, add about 15-20% more water or broth and cook a few extra minutes. Or you can cook in a tightly covered dish in the oven to reduce rate of evaporation.
GRILLING	Remember, a lower boiling point means the juices in meats will evaporate faster before the food is cooked. Use a lower temperature and keep the food farther away from the heat source so they don't dry out, and you will have to increase cooking time to compensate. Basting meat and vegetables in the last 5-10 minutes will help retain moisture. Use a meat thermometer to check for doneness.
BOILED EGGS	<p>For the best result, plan ahead and use eggs that have been in the fridge for several days, as they will be easier to peel once boiled.</p> <ol style="list-style-type: none"><li>1. Set the eggs out for 15-20 minutes before boiling so they come to room temperature. This will help prevent cracking during boiling.</li><li>2. Choose a saucepan large enough to allow the eggs to be completely covered with water in a single layer, do not stack the eggs.</li><li>3. Bring water to a rolling boil.</li><li>4. Using a large spoon or tongs, slowly and gently lower eggs into the water, do not cover and keep the rolling boil going.</li><li>5. Set a timer for 15 minutes. When the timer sounds, remove saucepan from the burner and let sit for 3 minutes.</li><li>6. Drain the water and rinse in cold water for 1-2 minutes. Then let eggs cool another 30 minutes before storing in the refrigerator.</li></ol>