

## October 2025

# Articles Recipes



Throughout the month, we'll feature recipes from various regions, including articles, recipes, and more.

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## Stirring Up the Past

### The Tradition of Passing Recipes through Generations



For many, a recipe is more than just a list of ingredients; it's a piece of family history. The tradition of passing down recipes from one generation to the next is a cherished practice that connects us to our roots. In a world where recipes are often found in cookbooks or online, the personal touch of a handwritten note or a family secret adds a unique flavor to the dish.

As time goes on, these recipes become stories that are passed down through generations. They are the secrets of a grandmother's secret sauce, a mother's special bread, or a father's favorite dessert. Each recipe carries with it the memories and experiences of those who created it, making it a valuable part of our cultural heritage.

## Chocolate Chiffon

### How Harry Baker Invented a Timeless Dessert



Chocolate Chiffon is a light, airy cake that has become a favorite dessert for many. Its invention is credited to Harry Baker, a chef who experimented with different ingredients to create a cake that was both moist and tender. The key to its success lies in the use of egg whites, which are whipped to stiff peaks and folded into the batter. This creates a delicate, cloud-like texture that is perfect for any occasion.

The recipe for Chocolate Chiffon is a classic one, using simple ingredients like flour, sugar, and cocoa powder. The process of whipping the egg whites and folding them into the batter is a technique that has been passed down through generations of bakers. It's a testament to the art of baking and the joy of creating something new.

## The Rise of Sugar

### How Sugar Contributed to the Rise of Strawberry Jam with the US



Sugar has played a significant role in the history of food, particularly in the development of sweetened products like jam. The rise of sugar in the United States is closely tied to the popularity of strawberry jam, which has become a staple in many households. The availability of sugar, along with the growing demand for sweetened goods, led to the widespread use of jam as a spread on bread and toast.

The recipe for Strawberry Jam is a simple one, combining fresh strawberries with sugar and a small amount of pectin. The process of cooking the strawberries down with the sugar creates a thick, flavorful spread that is perfect for breakfast or as a snack. The use of sugar in jam-making is a testament to its versatility and its ability to enhance the natural sweetness of fruits.

## Flipping Through Time: Origin of Pancakes

### How Pancakes Became a Breakfast Sensation



Pancakes are a beloved breakfast food that has been enjoyed for centuries. Their origin is shrouded in mystery, but they are believed to have originated in the Netherlands. The word "pancake" is derived from the Dutch word "pannenkoek," which means "pan-cake." These early pancakes were often made with rye flour and were served with a variety of toppings, including apples and honey.

Over time, the recipe for pancakes evolved, and they became a staple of breakfast in many cultures. The modern pancake, as we know it today, is a result of the use of all-purpose flour and the addition of eggs and milk. The process of flipping the pancakes is a fun and interactive part of the breakfast experience, and it's a tradition that has been passed down through generations.

## History of Cast Iron

### The Use of Cast Iron Stoves



Cast iron has a long and storied history, particularly in the context of cooking and heating. Cast iron stoves were a common sight in many homes, especially in rural areas, where they provided a reliable source of heat and a place to cook. These stoves were made of heavy, durable cast iron and were designed to be used with a variety of fuels, including wood and coal.

The use of cast iron stoves is a testament to the strength and durability of the material. They were often used for many years, and their design allowed for efficient heating and cooking. The tradition of using cast iron stoves is a reminder of the craftsmanship and ingenuity of our ancestors.

## The Hole Story

### Perfect Coffee Pairings



Coffee is a beloved beverage that has become an integral part of many people's daily lives. The pairing of coffee with other foods, such as pastries and breads, is a popular way to enjoy the drink. One of the most popular pairings is coffee with a cinnamon roll, which combines the rich, aromatic flavors of the coffee with the sweet, buttery taste of the roll.

The recipe for Perfect Coffee Pairings is a simple one, focusing on the quality of the coffee and the choice of accompaniment. The key is to choose a coffee that is well-balanced and to pair it with a food that complements its flavors. This creates a harmonious and enjoyable experience that is perfect for any time of day.

## Homemade Cinnamon Rolls

### Discover Cinnamon with Origin



Homemade Cinnamon Rolls are a delicious and comforting treat that has become a favorite in many homes. The origin of cinnamon rolls is believed to be in the Netherlands, where they were first made with rye flour and served with a variety of toppings. Over time, the recipe evolved, and the use of all-purpose flour and the addition of eggs and milk became standard.

The recipe for Homemade Cinnamon Rolls is a simple one, using ingredients like flour, sugar, and cinnamon. The process of rolling the dough and filling it with a mixture of sugar and cinnamon is a fun and creative activity that can be enjoyed by people of all ages. The result is a soft, fluffy roll with a warm, aromatic flavor that is perfect for breakfast or as a snack.

Sydney Caquelin  
2026, Spring  
Capstone - Graphic Design  
Department of Art and Art History

**Artist Statement:**

I use art as a positive outlet for creativity and taking time to enjoy the process. I am drawn to both graphic design and other traditional forms of art and often move between digital and physical mediums. I enjoy drawing, painting, and exploring other materials. While sometimes they do remain separate, there are times when I combine them or let them influence one another. Within my graphic design process, I tend to focus on refinement and iteration. I work on the same idea multiple times, altering different versions and exhausting it to see all the potential with it. This process helps me identify the strongest areas of an idea and make more intentional decisions that are best for the project. Also, I enjoy adding subtle details or hidden elements into my designs. They are not always immediately obvious, but they add layers of meaning that create an intentional and thoughtful design. Although working physically, my process is more expressive. I lean into form and texture over accuracy or realism. I work with acrylic paints, alcohol markers, graphite, and pens. I enjoy the mark making process across all mediums and using color on the surface to create a work of art. For the most part, my work comes together in an impressionistic way. I try to branch out into other styles to better understand a medium and subject. Across each field, I value the patience and time it takes to create something. Whether I use software for a design or build up layers of paint, I enjoy taking the time to make decisions about a piece. I also want to continue to grow and improve my skills. While I have my favorite mediums and styles, I explore other areas to expand my knowledge. Whether it is digitally or physically, I strive to be a more well-rounded artist.

	<b>Title</b>	<b>Original Format</b>
Figure 1:	Whisk of the Past Magazine	Indesign, 11 in x 8.5 in
Figure 2:	Act Human Rights Film Festival	Illustrator, 18 in x 24 in

## October 2025

# Articles Recipes

Throughout our magazine, we feature a variety of recipes, including traditional favorites, seasonal specialties, and innovative new dishes. Each recipe is accompanied by a detailed list of ingredients and step-by-step instructions to ensure you can recreate the dish at home.

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## Stirring Up the Past

### The Tradition of Passing Recipes through Generations

For many, the most treasured recipes are those passed down from one generation to the next. These dishes often carry with them stories, memories, and a sense of family. In this article, we explore the history of recipe books and how they have become a vital part of our cultural heritage.

*Antiquissima lingua est non solum, sed etiam in omnibus et quae sunt. Quaeque sunt, et in antiquis non solum, sed etiam in omnibus et quae sunt. Quaeque sunt, et in antiquis non solum, sed etiam in omnibus et quae sunt.*

## Chocolate Chiffon

### How Harry Baker Invented a Timeless Dessert

Chocolate Chiffon is a light, airy cake that has become a favorite for many. Its invention is credited to Harry Baker, who created the recipe in the early 20th century. This article delves into the history of the cake and provides a detailed recipe for you to try at home.

**Ingredients:** 1 cup butter, 1/2 cup sugar, 1/2 cup cocoa powder, 1/2 cup milk, 1/2 cup oil, 1/2 cup vinegar, 1/2 cup baking powder, 1/2 cup salt, 1/2 cup eggs.

## The Rise of Sugar

### How Sugar Contributed to the Rise of Strawberry Jam with the US

Sugar has played a significant role in the development of many foods, including strawberry jam. This article explores the history of sugar and its impact on the food industry, particularly in the context of jam-making.

**Strawberry Jam Recipe:** 1 cup strawberries, 1/2 cup sugar, 1/4 cup lemon juice, 1/4 cup pectin.

## Flipping Through Time: Origin of Pancakes

### How Pancakes Became a Brunch Sensation

Pancakes are a beloved breakfast food with a long history. This article traces the origins of pancakes from ancient times to their modern-day popularity. It also includes a recipe for homemade pancakes.

**Recipe for Homemade Pancakes:** 1/2 cup flour, 1/2 cup milk, 1/2 cup eggs, 1/2 cup oil, 1/2 cup sugar, 1/2 cup baking powder.

## History of Cast Iron

### The Use of Cast Iron Stoves

Cast iron has been used for centuries in various applications, including stoves. This article discusses the history of cast iron and its role in cooking and home heating.

**Chocolate Pancake Recipe:** 1/2 cup flour, 1/2 cup milk, 1/2 cup eggs, 1/2 cup oil, 1/2 cup sugar, 1/2 cup baking powder, 1/2 cup cocoa powder.

## The Hole Story

### Donuts

Donuts are a popular treat with a rich history. This article explores the origins of donuts and how they have evolved over time. It also includes a recipe for donuts.

**Perfect Coffee Pairings:** 1/2 cup coffee, 1/2 cup milk, 1/2 cup sugar, 1/2 cup cinnamon.

## Homemade Cinnamon Rolls Recipe

### Discover Cinnamon Rolls Origins

Homemade Cinnamon Rolls are a delicious treat that can be enjoyed any time of the year. This article provides a detailed recipe for making these rolls at home.

**Homemade Cinnamon Rolls Recipe:** 1/2 cup butter, 1/2 cup sugar, 1/2 cup cinnamon, 1/2 cup flour, 1/2 cup milk, 1/2 cup eggs, 1/2 cup yeast.

Figure 1: Whisk of the Past Magazine

act.

HUMAN RIGHTS  
FILM FESTIVAL

AWAKEN CONNECT TRANSFORM



April 2026  
At The Lyric  
[actfilmfest.colostate.edu](http://actfilmfest.colostate.edu)



COMMUNICATION STUDIES  
COLORADO STATE UNIVERSITY

Figure 2: Act Human Rights Film Festival