



Do I need to preheat my oven? – Energy saving tips for baking pizza and cakes

Bielefeld, October 2022 – For Dr. Oetker, baking is the cornerstone of the company and has been the core competence for more than 130 years of corporate history. There was always baking – in good times as well as in not so good times. All along, Dr. Oetker promises to achieve perfect baking results with the guarantee of success. Reliable preparation instructions with specific times and including the heating phase are the basis for this. Due to the current energy crisis, people are being called upon more than ever to use energy consciously. Many consumers have the desire to save energy. Dr. Oetker has thus taken a close look at the topic of “preheating the oven”. The results are useful tips on how to save energy when baking pizzas, baking mixes and baking recipes made by Dr. Oetker.

The perfect pizza without preheating

Jens Behrend, pastry chef and project manager for baking in the Dr. Oetker test kitchen states: “We know that our consumers who know their ovens well or who regularly consume our products choose not to preheat their oven at times. This is also possible with our pizzas, baking mixes and baking recipes. The baking process is usually slightly longer, but less grave than the omitted heating phase. This saves time and consequently energy. But: Since the temperature curve deviates from the regular preparation instructions, the baking result must be checked more frequently and an occasional cooking test must be carried out.”

If consumers don't preheat the pizza, they have to leave it in the oven for between one and ten minutes longer than usual, depending on the variety. In return, the heating time, which is usually longer, is omitted. Hence, customers should check the oven more often: As soon as the edges of the pizzas are browned and the cheese has melted, the pizza is ready to eat. So baking frozen pizzas made by Dr. Oetker without preheating generally works well. But there are differences depending the range:



- **Ristorante** and **Tradizionale** pizzas, as well as the products of the **La Mia Pinsa**, **Intermezzo** and **Bistro Baguette** ranges, can be prepared without preheating with no hesitation.
- The **La Mia Grande** pizzas also succeed without preheating. They should be defrosted beforehand according to the preparation instructions on the packaging.
- Our **Casa di Mama** pizzas should not be prepared without preheating since these are raw dough pizzas.

Saving energy is also possible when baking cakes

Preheating the oven is not a must for baking mixes and baking recipes either. Nevertheless, there may be small differences in the baking result: The pastry might be a little more compact or lighter and sometimes little bulges are possible. Those who do not mind these minor differences can definitely save energy by omitting the heating time. Only the baking time is slightly longer and the baking result must be checked more frequently. For this purpose, for example, a wooden stick is qualified for a cooking test. It is inserted into the center of the cake and then pulled out again. If no dough sticks, the cake is baked through and therefore ready.

General recommendation to „preheat“ has reasons

For Dr. Oetker products - whether frozen pizza or baking mix - as well as baking recipes created by our Dr. Oetker test kitchen, we recommend preheating the oven to the correct temperature before the actual baking process. With guarantee of success, we promise that consumers achieve a perfect baking result, provided the preparation instructions are followed. This makes using Dr. Oetker products particularly practical and uncomplicated. To ensure the guaranteed success, every single Dr. Oetker product and every single recipe is tested many times by the Dr. Oetker test kitchen under normal household conditions. This is done, for example, in various ovens, of which around 50 different models are available in the Dr. Oetker test kitchen. In these ovens, pizzas, baking mixes and baking recipes are baked at different heating modes such as hot air and upper/lower heat and different insertion heights. It is also important whether it is better to use a rack or a baking tray as an underlay. Once these tests – the so-called serial tests – have been completed, preparation instructions are drawn up and printed out to guarantee success. As a result of the serial tests, it is studied that it can take several amounts of time from oven to oven to reach the desired baking or heating temperature. Reliable preparation instructions with concrete time specifications can thus only be possible including the heating phase. In consequence, Dr. Oetker suggests preheating the oven as printed on the product packages and in recipes published all over the world. Following this, the preparation of products made by Dr. Oetker is guaranteed to succeed and consumers get the best baking results.

Conclusion: Saving energy is possible

Whether a pizza, a baking mix or a recipe is prepared with or without preheating is, of course, up to each person. If consumers are not bothered by minor deviations and are prepared to take a look in the oven more often and, depending on the product, to do a cooking test, they can dispense with preheating and save energy.



„Whether a pizza or cake is prepared with or without preheating is, of course, up to each person. If you are not bothered by minor deviations and are prepared to take a look in the oven more often and, depending on the product, to do a cooking test, you can dispense with preheating and save energy.“

Jens Behrend, pastry chef and project manager for baking in the Dr. Oetker test kitchen

Read also our expert talk on the subject of preheating: www.oetker.com/stories/preheating

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