

S1 & 2

***The Great Cedarbank
Bake Off!***



May the best baker win 😊



Name:

Class:

Week 1: Jam & Coconut Buns – Cake Week

REMEMBER TO WATCH THE DEMONSTRATION!

Ingredients

100g self-raising flour }
25g block margarine } in big bowl

25g caster sugar - on a plate

2 x 15ml spoons coconut - optional

$\frac{1}{2}$ egg - in a cup

15ml milk (if needed)

1 x 15 ml spoons jam - on small plate



oven temperature: 200°C/No 6

time: approx. 10 minutes

Method

1. Set oven and grease a baking tray then measure out ingredients.
2. Rub the margarine into the flour with fingertips using ballerina fingers.
3. Stir in the sugar and coconut.
4. Break the egg into the cup and beat with a fork.
5. Use a knife and mix with egg drawing a number 8 in the bowl to bind to a **stiff dough**. You may need to add a little milk to get it to this stage. Ask an adult before you add the milk.
6. Use a spoon and divide the mixture into six, then with floured hands roll each piece into a round circle and place each circle on to the baking tray.
7. Using the handle of a spoon or a knife, make an indent in the top of each bun and fill with a little of the jam.
8. Bake until golden brown and firm to the touch.
9. Cool on a wire tray.
10. Make water icing and drizzle over the top when cooled.
11. Present for judging. 😊

Week 1: Written Task

Fill in the blanks:

When mixing the margarine and flour in between your fingertips, this is called

The number you have to draw in the bowl whilst mixing the ingredients is.....

The number of circle balls you need to make with the mixture is

When making a circle with the mixture this is called

You need to make an In the mixture for the jam.

Self- raising flour helps to make the jam and coconut buns

You need to bake a cake until it is

You need to bake the jam and coconut buns for

Word Bank

Rubbing in	8	6	shaping	rise
golden brown	20 minutes		indent	

Week 2: Milk Chocolate Chunk Biscuits - Biscuit Week

Ingredients:

100g Margarine

100g caster sugar

100g Self Raising flour

40g chocolate chunks

Oven Temp: 170c or gas mark 5



Method:

1. Cream margarine and sugar until light and creamy - using a wooden spoon.
2. Gradually add the flour and the chocolate chunks to the creamy mixture. Gather the dough together with one floured hand, divide equally in half.
3. Each pupil should now cut their piece of dough into 6 equally sized pieces.
4. Roll each piece into a ball, arrange on a greased baking tray, and flatten slightly with a fork. Watch the demonstration.
5. Bake in a pre-heated oven for about 10 minutes, check and turn the baking tray then bake until golden brown checking the oven every 3 - 5 minutes.
6. Allow to become firm, then remove from baking tray and allow to cool on a wire cooling tray

Week 2: Written Task

Fill in the blanks:

When you mix margarine and sugar in a bowl it is called
.....

When gathering the mixture in your hands you have to
..... the mixture.

You have to make sure you out the ingredients
correctly.

..... the biscuits is important so they are all the
same size.

You use a to make lines on your milk chocolate
chunk biscuits.

It is important you leave the biscuits to before
you package them or else they will be too crumbly.

Biscuits contain which is essential for you to have
to keep the body warm and your organs safe.

Word Bank:

Weigh creaming shaping cool down

Fork fat half

Week 3: Cheese & Ham Twists - Pastry Week

Ingredients

$\frac{1}{2}$ block of puff pastry
1 x 2.5ml spoon mustard powder
25g grated cheese
25g ham (optional)
Cold water to bind



Oven temp: 200°C/Gas no 6

Time: 15 mins approx.

1. Set oven and lightly spray a baking tray with oil.
2. Grate cheese and cut up ham into small pieces
3. Work the pastry in your hands until it makes a ball with the mustard. Push the cheese and ham into the pastry. - watch a demonstration.
4. Roll out the puff pastry and cut into long strips.
5. Take two strips and twist together. - watch a demonstration.
6. Take another two strips and repeat.
7. Place twists onto a tray separating them.
8. Bake until very pale in colour and crisp.
9. Serve to the judges.

Week 3: Written Task

Answer the following questions:

1. What piece of equipment do you use to grate the cheese for this recipe?
2. What piece of equipment do you use to cut your ham?
3. What does "work the pastry" mean? Remember what Miss Ballantyne told you.
4. What piece of equipment do you use to roll out the pastry?
5. How many categories from the Eatwell Guide does this recipe use?

Week 4: Design Your Own Bread - Bread Week

Ingredients

200g strong bread flour

1 x 5ml salt

$\frac{1}{4}$ packet of yeast

200ml warm water

Oven Temperature: 200
degrees

Cooking time: 30 minutes

Method

1. Put on oven at 230°C / Gas Mark 8.
2. Sieve the flour and salt into a large bowl and sprinkle in the dried yeast.
3. Add water gradually to the mixture until it forms a dough - **watch a demonstration.**
4. Turn onto a floured surface and knead well for 10 minutes.
5. Divide the dough into 2 (or more, if you want smaller rolls) and shape appropriately. Cover loosely with a tea towel and place in a warm area.
6. Leave until the dough has doubled in size - this process is called **proving**.
7. Uncover and bake in the pre-heated oven for around 30-35 minutes.
8. To test for readiness - the rolls should sound hollow when tapped underneath.
9. Leave to cool on a wire rack.

Week 4: Decorate your bread bag

Your task is to decorate your brown bag for your bread to go into. This is called packaging.

You need to:

- Pick a name to call your bread and write it on your bag in bright colours.
- Decorate your bag with pictures to do with baking and bread.
- Make sure it is colourful and stands out.



Week 5: Cheesecake – Dessert Week

Ingredients

150g cream cheese

50g icing sugar

1 drop of vanilla essence

6 digestive biscuits

30g butter



Choose from the following toppings:

- Raspberry
- White chocolate
- Milk chocolate
- Lime

Method

1. Crush the biscuits with the end of a rolling pin in a large bowl until biscuit crumbs.
2. Melt the butter in a small pot and mix in with biscuit crumbs.
3. Whip the cream cheese and icing sugar together and add in vanilla essence.
4. Choose your topping.
5. Arrange the topping on your cheesecake and place in fridge.
6. Leave to set for 20 minutes.
7. Set aside for judging.

Week 5: Written Task

Please answer the questions below:

1. What is the main ingredient in a cheesecake and what category from the Eatwell Guide does it belong to?
2. What does vanilla do to the cheesecake?
3. What do we use to crush the digestive biscuits?
4. How long do we need to chill the cheesecake for before serving?
5. What cookery skills are involved in the making of the cheesecake?

Week 6: Chicken Fajitas - Spice Week

Ingredients

- 1 onion
- Few strips pepper
- 1 x 1.25ml spoon Mexican seasoning
- 1 piece of chicken
- 1 x 5 ml oil (or a few sprays oil)
- 2 soft tortilla wraps



Method

1. Cut the onion and pepper into baton lengths as shown then add to small plate with the Mexican seasoning. Set aside.
2. On a red board, cut the chicken into small baton lengths.
Hygiene point
3. Warm the oil in a frying pan and add the chicken pieces and cook for approx. 3 minutes then add the vegetables.
4. Continue cooking until soft (you might have to add a splash of water to de-glaze the pan.)
5. Serve inside the warmed tortilla wrap and fold up then repeat for a second time.
6. Serve to the judges.

Week 7: Danish Pastries – Danish Week

Ingredients

100g puff pastry

Oven temp: 210°C / Gas 7

Time: 20 minutes

Fillings:

4 x 15ml tinned apple

4 x 5ml custard

1 x 5ml cinnamon

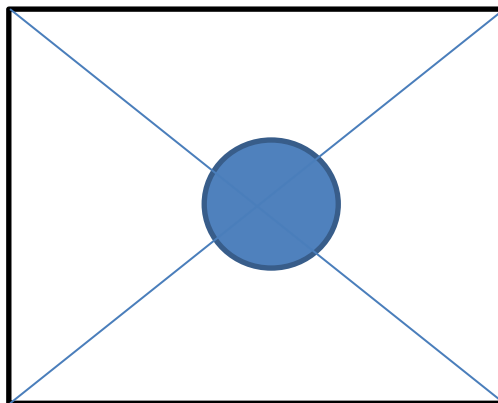
4 x 5ml maple syrup

4 x apricot jam

choose your filling

Method

1. Roll dough into a square.
2. Put a square pat of margarine into the centre of the square.
3. Place your choice of filling in the middle of the square.
4. Fold the corners of the pastry into the middle.
5. Glaze. Bake until golden brown.
6. When cool, drizzle neatly with water icing.



This is what your Danish pastry will look like

Week 7: Written Task

You have made a Danish pastry. The pastries are from Denmark.

Your task is to research different desserts from other countries and write them down.

For example - shortbread is from Scotland.

Write your findings in the box below:

A large, empty rectangular box with a thin black border, intended for the student to write their findings about different desserts from other countries.

Evaluation of the Unit of Work

1. What did you like most about the unit of work?
2. What would you change about the unit of work?
3. How did you think you did during the unit of work?
(1 = poor, 10 = excellent)
4. What was your favourite thing to cook from this unit of work?