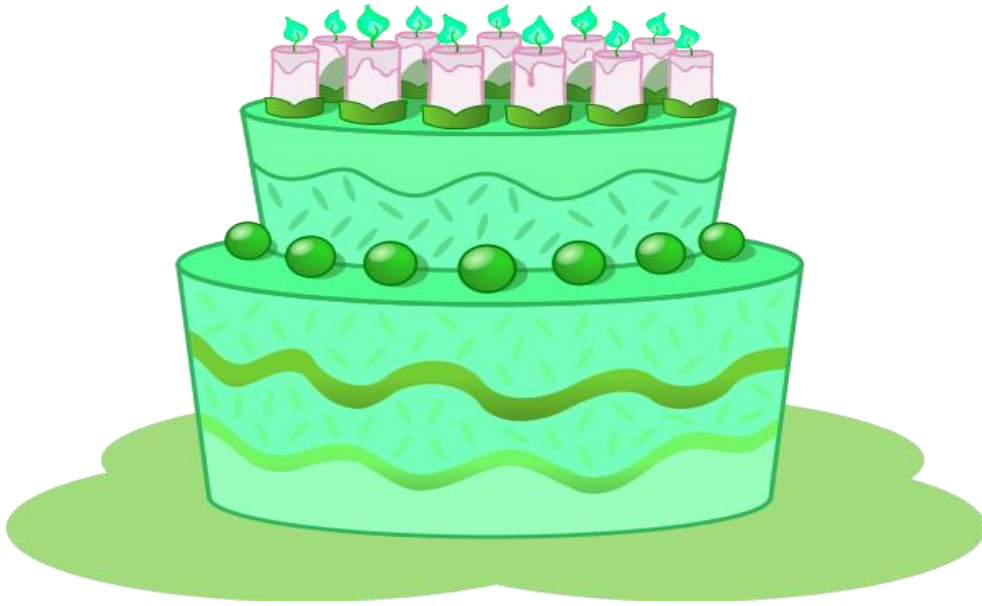


Cedarbank School

S3 Methods of Cake Making & Christmas Cake



Name:

Class:

Success criteria for Food Technology :

- I can demonstrate dexterity and creativity by applying a range of techniques and processes to make a variety of food and textile items.
- I can select and use instruments to measure accurately.
- I can demonstrate food safety principles practically when preparing, cooking and consuming food.
- I can evaluate the information on food packaging in relation to a health/nutritional needs.

Methods of Cake Making

There are 4 main methods of cake making which tend to be used by bakers, these are:

- Rubbed – In cakes
- Creamed cakes
- Melting method cakes
- Whisked Cakes

Each week you will investigate the characteristics of each of the cake making methods filling you will the knowledge to allow you to make a cake using each of the above methods.

Functions of Ingredients used in Cake Making

In order to understand the process of cake making, it is firstly important to learn about the basic cake making ingredients.

TASK: Using the information sheets, copy down the main functions of the ingredients in the table and how they are important to cake making.

Ingredient:	Function:
Flour	
Raising Agent	
Fat (Butter or Margarine)	

Sugar	
Liquid (Milk)	
Eggs	

Methods of Cake Making: Rubbed-in Cakes

Use the words in the box below to fill in the blanks in the passage.

This method produces cakes with a , Texture and a shelf-life. Examples of cakes made by the rubbing – in method are: Cakes, and fruit cakes.

The ratio of fat to flour. This method involves the into the with the As the fat coats each grain of flour it the mixture and gives the cake a texture.

..... (block) margarine should be used as soft margarine makes the mixture instead of looking like

Word Bank:

Dry	Scones	Fat
Breadcrumbs	Softer	Flour
Open	Half	
Sticky	Shortens	
Rock	Rubbing	
Hard	Fingertips	

Methods of Cake Making: Creamed Cakes

Use the words in the box below to fill in the blanks in the passage.

This method produces cakes that are fine and Examples of cakes made by the creaming method are: Sandwich Cake, Cake and Small Fairy Cakes.

The ratio of ingredients is (Eggs weigh each on average.) The margarine is used is the margarine bought in tubs. It needs to be soft as it has the job of trapping in the mixture when with

The fat helps to produce a texture. If is used it needs to be taken out the fridge so it is at temperature when used.

Word Bank:

Light	Equal	Air
Room	Soft	Beaten
Victoria	50g	
Butter	Sugar	
Madeira	Soft	
Crumbly	Air	

Methods of Cake Making: Melting Method Cakes

Use the words in the box below to fill in the blanks in the passage.

This method produces a cake with a soft, , moist texture and a shelf life. Examples of cakes made by the melting method are: , Brownies and

The ratio is half or less fat to flour and a proportion of sugar. The cakes are made by the fat in a saucepan with the and sugar. The dry ingredients such as can then be mixed into the melted fat.

The fat keeps the cake and helps to combine the ingredients.

Word Bank:

Sticky
Moist
Long
Flour

Syrup
Flapjacks
Melting
High

Gingerbread

Methods of Cake Making: Whisked Cakes

Use the words in the box below to fill in the blanks in the passage.

Cakes made by the whisking method are light and They are often called sponges because no is used, because they are 'fatless' they have a shelf life.

Some whisked sponges, such as sponges have melted fat mixed into the whisked mixture. This helps to keep the sponge Examples of cakes made by the whisking method are: , Sponge Drops, Sponge and Sponge Sandwich.

Ratio of ingredients is half the amounts of and flour to the weight of The eggs and are whisked together until the mixture is in colour and has its volume.

The whisk should be able to leave a on the top of the mixture. You can then the flour in gently. Do notthe mixture as you will out all the air.

Word Bank:

Soft	Knock	Fatless
Beat	Margarine	Fold
Short	Trail	Genoese
Doubled	Moist	Pale
Swiss Roll	Sugar	Flan
Sugar	Eggs	

Christmas Cake Plan

Name:

Class:

BRIEF: Too design and make a Christmas cake that will appeal to young adults. The cake must be able to be showcased at the Christmas Cake Exhibition at Cedarbank School.

(Circle or highlight the key words in this sentence.)

DESIGN IDEAS: Over the page, write down any ideas you have for your Christmas cake. Remember not to think about just the decoration, but how you are going to achieve this design and what you expect it to look like at the end.

You may use the internet and books provided to get ideas. If you are going to print pictures out, try to be specific to what you want. **Please try and be realistic at what you can achieve in a short space of time.**

Example Design:



I will make my Christmas cake by following the specified recipe and apply a layer of marzipan before starting the icing.

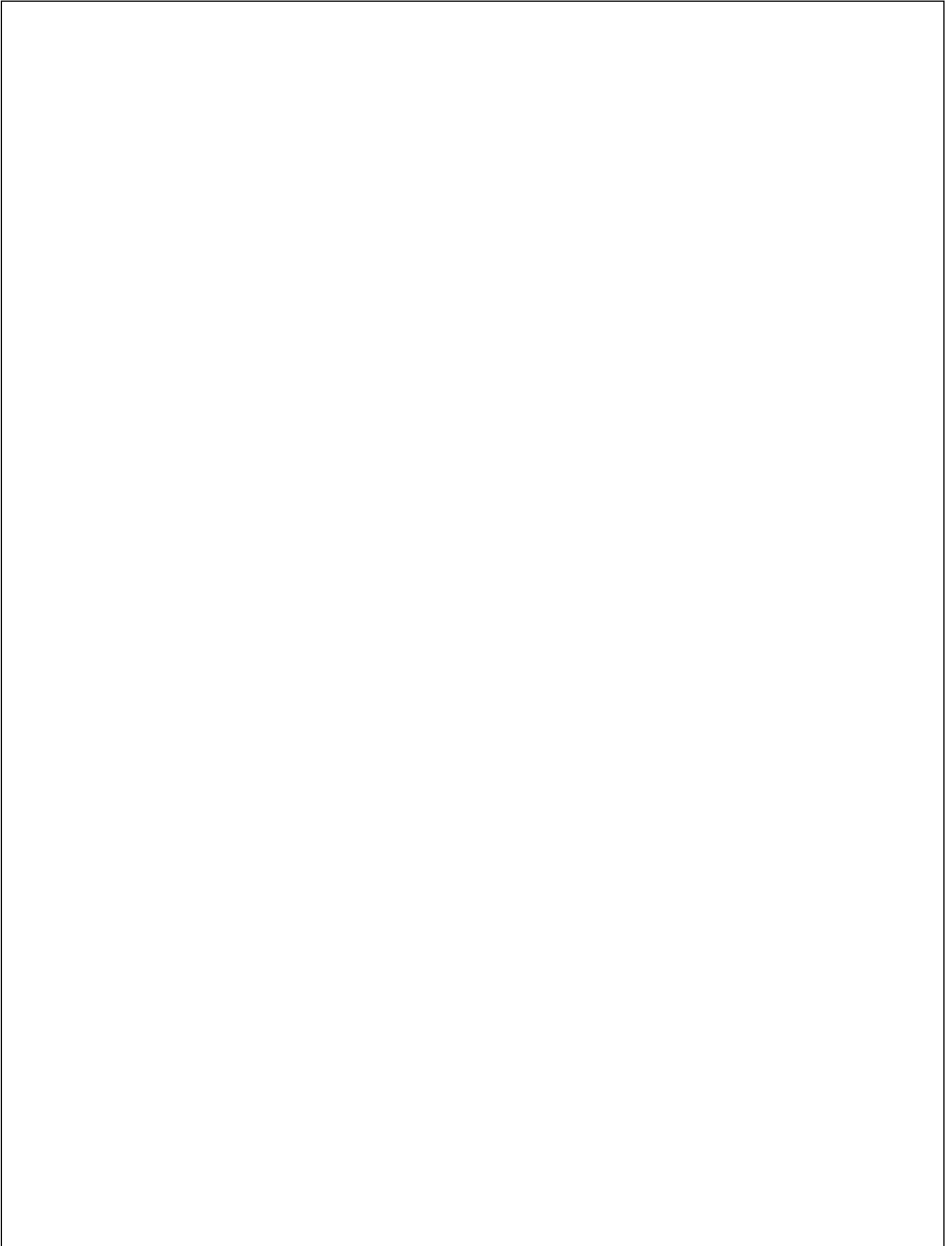
My design will be Rudolph the reindeers face, made out of fondant icing and some glitter will be scattered around him. I chose this design as it is simple yet effective and will catch people's attention when on display.

Brown fondant icing will be used to make his face

The nose will be made from a strawberry heart haribo to make it fun and different.

My Design

Name:

A large, empty rectangular box with a thin black border, occupying most of the page below the 'Name:' label. It is intended for the student to draw or design their own creation.

Rich Fruit Cake - 8" Round - Weighing and Measuring Lesson

Ingredients	
400g dried fruit (sultanas and raisins)	110g soft margarine (label and put in fridge)
12 glace Cherries	110g Soft Brown Sugar
60g Mixed Peel	3 Eggs
40g ground almonds	15ml mixed spice
1 Lemon	140g plain flour

Method

- 1 Weigh out each ingredient and place in a clear plastic bag well labelled.
- 2 Cut cherries in quarters.
- 3 Put cherries, mixed peel, sultanas and raisins into a bag and label.
- 4 Put almonds in a bag and label.
- 5 Collect lemon (you will grate zest next lesson).
- 6 Mix plain flour and mixed spice together and place in a bag and label.
- 7 Place all your pre weighed ingredients into a basket and put a paper towel on top with your name on, now place this at the back of the room ready for next lesson.









There is a step by step visual guide powerpoint to look at if you are stuck 😊

Extension Task: Food Labelling and Packaging

Packaging for food has to follow a number of specific regulations and laws.

- Food Labelling Regulations 1996
- The Food Safety Act 1990
- Trade Descriptions Act 1968
- Weights and Measures act 1986

Food labelling is compulsory; this means that food manufacturers are required by law to include certain information about the products they are selling to you. Many manufacturers also include other information which helps consumers to make an informed decision on their food products.

Compulsory Food Labelling:	Non - Compulsory Food Labelling:
The name of the Food Product	
List of Ingredients	
Shelf Life	
Name and Address	
Weight or Volume of Product	
Country of Origin	
Storage/Cooking Instructions	
Nutritional Information	

Why is this information of use to the consumer?

Labelling Information	Why is it important for the consumer?
The name of the Food Product	
List of Ingredients	
Shelf Life	
Name and Address	
Weight or Volume of Product	
Country of Origin	
Storage/Cooking Instructions	
Nutritional Information	

GDA and Traffic Light Labelling

Traffic Lights and GDAs are found on food labels to help people make healthy food choices when buying convenience foods. Here is an example of a pizza label which uses this type of labelling.



Do you think the pizza would be a healthy option for your lunch?

Give 2 reasons for your answer; explain your answers in detail.

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