

The Virtual School

Baking Showdown





Introduction	1
Linking baking to education	3
What equipment will you need?	5
Store cupboard ingredients	6
All-important hygiene	7
Oven temperature conversions	8
Measurement conversions	8
Substitutions	9

Basic Recipes:

Chocolate Buns	10
Fork Biscuits	12
Cornflake Buns with Sprinkles	13
Chocolate Fridge Cake	14
Easy Cheesecake	15

Recipes from Friends:

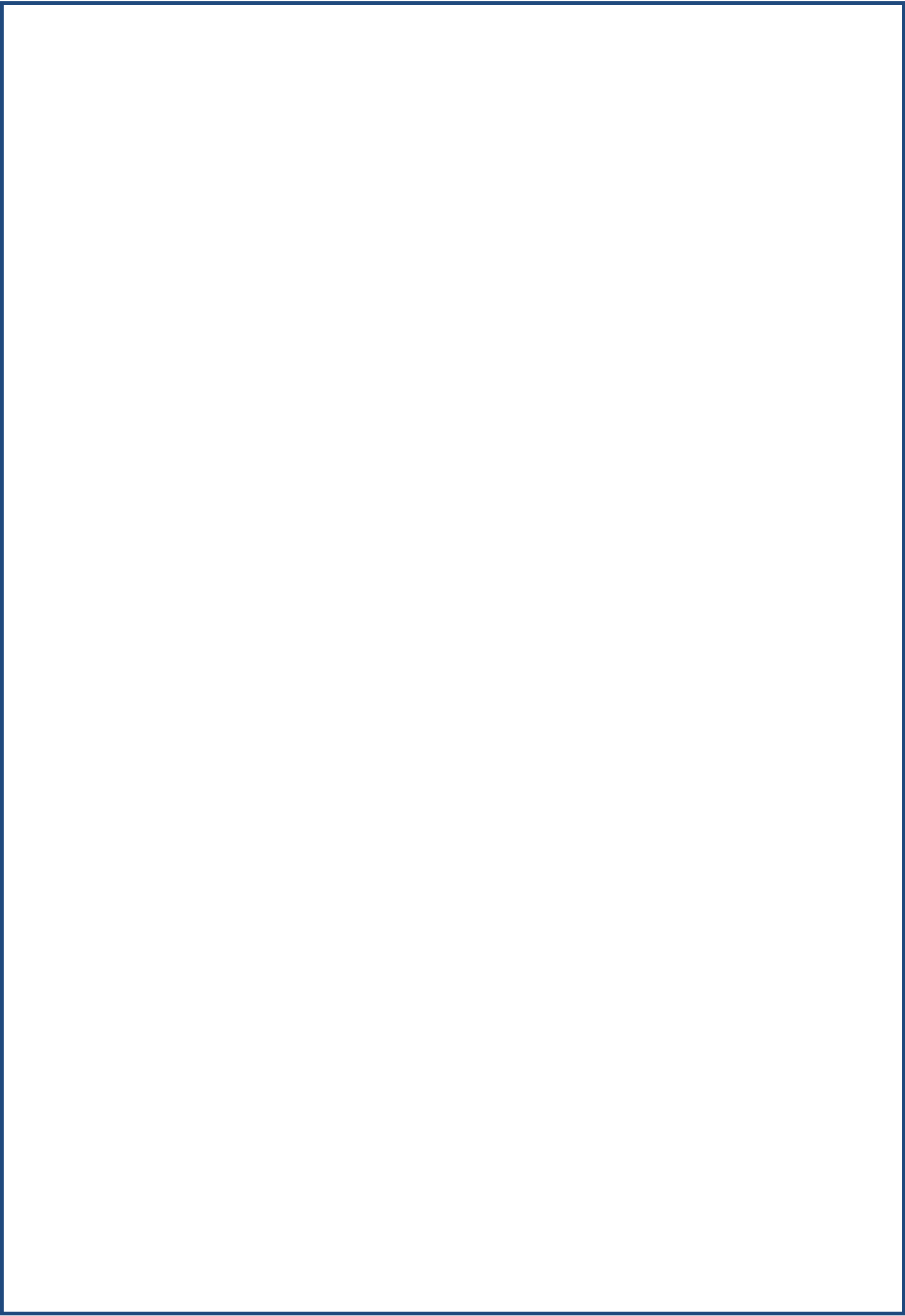
Chocolate Cookies	16
Joni and Georges' Fish Biscuits	18
Phoebe's Citrus Slices	19
Chocolate Mug Cake	20
Liz's Lemon Drizzle Tray Bake	21
Craig's Flapjack	23

Showstoppers:

Hedgerow Cake	24
Strawberry Swiss Roll	26
Strawberry Shortcake	28
Dark Chocolate Orange Cake	30
Bakewell Cake	32

Easy Cooking:

Introduction	33
How to boil an egg	35
Making your own pizza: Easy	36
Making your own pizza: Medium	37
Omelette	39
Cheese on toast	40
Fruit smoothies	41
Glossary of baking terms	42







Introduction

Welcome to the Sheffield Virtual School Baking Showdown booklet!

Baking is something for all ages... from toddlers making rice crispie buns, to teenagers creating showstoppers. It's fun, it's rewarding and it's a great way to show your creativity. It's also a great way to spark conversations.

In this booklet, we've included some of our basic recipes, some from Virtual School friends and some showstoppers (if you feel up to a challenge, that is!)

We have also included some basic cooking skills – making easy pizzas, boiling an egg, as well as a glossary to understand baking terms.

Make sure to share what you have done and enter our competition. Take photographs of your creations and send them to virtualschool@sheffied.gov.uk so we can feature them in our next edition!

Happy baking,
The Sheffield Virtual School

Linking baking to education?

Yes...

Baking can easily link to education... without children and young people even realising! When baking and cooking, try to link to counting, reading and life skills as much as possible.

Develop communication...

Use baking and cooking to develop communication skills. A child or young person needs to learn how to listen to instructions – what comes next and how much do we need? Talk about what you are doing, when you are doing it. Ask questions, observe and incorporate new ingredients. Encourage children and young people to ask questions whilst baking and cooking – make them curious to learn more and to express themselves.

Making maths...

There are lots of ways to incorporate maths into baking and cooking for all ages. For **young children**, this may be:

- Counting out bun cases
- Looking at the numbers on a weighing scale
- Counting how many spoonful of ingredients go into the bowl
- Helping to set a timer

Older children: Look at working out measurements of ingredients-if you wanted to bake half a batch, how would you work this out (use of fractions and percentages) or doubling quantities (double 200g would be 400g). You can even look at converting degrees Celsius to Fahrenheit or gas mark for the oven.

You could incorporate money into baking and work out how much the ingredients cost by saying, “we’ve used about a quarter and the bag was 70p. How much does that work out as?”

Use the opportunity to learn about volumes such as the difference between a tbsp (tablespoon) and tsp (teaspoon). We have also added these terms in our glossary to help you.

Teenagers: Use this opportunity to develop those all-important life skills. What ingredients are needed and how much does it cost? Is it cheaper to make it yourself? Use the time at home to plan meals and learn some basic but crucial skills.

Linking to literacy...

Reading and writing can also link perfectly:

- Take time to read through the ingredients list, check in the cupboards for ingredients and read the packets
- Find out what the missing ingredients are and make a list. Write out your list, adding drawings for younger children
- Before baking, read through the recipe together and put ingredients in order. Make sure the method makes sense to have an idea of what is going to come next
- Why not read a book whilst waiting for your baking in the oven?
- For younger children, write out the method and cut it up. Can they put it back in order?

Baking also helps to grow vocabulary by being introduced to new words such as 'dicing', 'folding' and 'whisking'. Write out baking sentences and ask children to insert missing words.

Science fun...

Link science into your baking time. Think about observing change – why does a cake rise in the oven? Have a look in a book or online to do some research about these kinds of questions.

What about a blind taste test? Test ingredients without looking at them and try to guess what they are. You can talk about:

- Different types of food: fruit and dairy
- Textures: lumpy and soft
- Flavours: sour and sweet

When talking about baking, why not say 'I wonder'. Some questions may be:

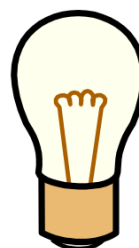
"I wonder why food spoils?"

"I wonder why it boils when it is hot?"

"I wonder what makes bread rise?"

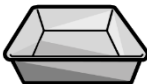
You could even do further scientific research by looking at how food gets to us!

TIP: Keep looking for the lightbulb image to give you ideas for links to maths, reading and science.



What equipment will you need?

For baking and cooking, you will need to use certain utensils which are normally in the kitchen. Here is a list of what they are and their purposes.

Sieve Used to sift flour or adding powdered sugar to cake tops 	Measuring cups Dry: one cup, ½ cup Liquid: litre cup size 	Spoons For measuring: teaspoon, ½ teaspoon 	Wooden spoon Useful for stirring stiff dough 
Rubber Spatula / Scraper Useful for scraping the last bits! 	Pastry Brush To coat dough with egg wash / milk 	Whisk Great for whisking eggs and to mix dry ingredients 	Kitchen Scissors For snipping herbs and cutting baking parchment 
Rolling Pin For rolling pastry and cookie dough 	Baking Parchment For lining baking trays (cookies) and cake tins 	Tins: Square tin; Round 8 or 9 inch to bake cakes; Baking sheet for cookies; Muffin pan for buns, muffins and Yorkshire puddings 	
Weighing Scales To weigh out dry ingredients 	Wire Rack Used to let baked goods cool 	Electric Hand Mixer Great for whizzing ingredients quickly 	Kitchen Knife Used for snipping, slicing and dicing 

Note: Greaseproof paper and baking parchment are not the same thing. Greaseproof paper is good for wrapping things up (sandwiches, cheese), but isn't great for lining cake tins (it sticks to the cakes).

Baking parchment has a silicon coating and this prevents cakes sticking to it.

You can still use greaseproof paper to line tins, but you **MUST** grease with butter on both sides, or else it will stick!

Store Cupboard ingredients...

For baking and cooking, there are some ingredients to keep in your cupboard that you can keep coming back to (and crop up often in recipes!)...

Self-raising and plain flour – Self-raising flour contains a raising agent, so it is perfect for cakes. If using plain flour, you will often need an additional baking agent (for example, baking powder).

Bread flour – Always look for a strong white bread flour as it has a high proportion of gluten (protein) which will give your bread structure and a good rise.

Unsalted butter – Baking recipes often recommend using unsalted butter because the levels of salt can be controlled. Low-fat spreads do not often work as a replacement for butter or margarine, as they contain less fat and higher water quantities and do not bake as well. We recommend Stork for baking.

Eggs – When removed from its shell, an average egg weighs around 50g. Always use the correct size egg that is detailed in the recipe. Support local businesses and farm shops when looking for your eggs.

Milk – Milk is sometimes used during baking. It can be especially useful to get the right consistency for cake mixtures and buttercream too.

Caster sugar – Caster sugar is perfect for baking. It adds more volume when baking and gives a lighter texture.

Baking powder – Baking powder is used to give lightness to baked recipes such as scones, cakes, pastries and sometimes batters. When it comes into contact with liquid it produces carbon dioxide bubbles that help aerate the mixture, then a second burst of gas bubbles are created when the mixture is heated in the oven.

Cocoa powder – Cocoa powder is great for creating delicious chocolate buns. You can use drinking chocolate powder as long as it doesn't have any extra added sugar.

Chocolate – You can use chocolate instead of cocoa powder in your baking. This will give it a richer taste. Chocolate icing is best when it is made with real chocolate.

Chocolate chips – You can add extra flavour to your baking by adding chocolate chips.

Vanilla extract – A small amount of vanilla extract adds a lovely flavour. Make sure you look for vanilla extract rather than vanilla essence for the best results in your baking.

Food colouring – Food colouring is great when used in sponges and makes fantastic icing.

Vegetable oil – Vegetable oil is used in bread making and cakes (carrot cake) as it helps keep the cake moist with a soft texture.

Ground almonds – Ground almonds are great to add an extra flavour to your baking. You can either use as an ingredient or as a decoration.

Cherries – Another great store-cupboard ingredient to add in your baking or as decoration.

Dried fruit – Dried fruit adds lovely flavour and texture to your baking.

Spices – Spices can be used in baking to give an extra twist. Try cinnamon or ginger.

Jam – Jam is typically used for a filling in recipes such as Victoria sponge and jam tarts.

Cream – Cream can make your baking richer in taste and can also be used for making icing.

Icing sugar – This is used to create frosting for your baking, or you can sprinkle a little over the top as a finish on the decoration.

Ready-to-roll icing – Ready to Roll icing is also known as Sugar paste icing and is most commonly used to cover special celebration cakes for Christmas, weddings and birthdays.

Marzipan – Marzipan is normally used to cover fruit cakes such as Christmas cakes, but it can also be used to create decorations for your baking.

Sprinkle decorations – These are great to give you that extra finishing touch on your baking.

All-important hygiene and safety...

Remember that hygiene in the kitchen is really important. But how do you make sure that your cooking and baking areas are safe and clean?

Before we start pop an apron on, and tie your hair back too,
We don't want any bits getting in our food!
We need to wash our hands well, give them a good scrub,
Get rid of all those germs, if you've been playing in the mud!

If you're a little younger and your baking involves heat,
Make sure an adult's there when cooking all your treats.
Keep the surface tidy, always have it clean,
Wipe up any mess you've made, wherever you have been.

Spills cannot be helped sometimes, get your anti-bac spray,
We don't want you falling down, so wipe it all away.
We know it's very tempting, and testing's really fun,
But please don't lick the spoon, until completely done!



Use your poetry and writing skills to create more verses to this! It could be about using oven gloves. What else makes a safe and clean kitchen?

Helping with conversions – the oven

Some of us have gas ovens and some of us have electric. Throughout this booklet, there may be oven temperatures missing, so use the below chart to convert for yourself!

Oven Temperature Conversions			
Fahrenheit	Celsius	Fan	Gas Mark
275 F	140 C	120	1
300 F	150 C	130	2
325 F	170 C	150	3
350 F	180 C	160	4
375 F	190 C	170	5
400 F	200 C	180	6
425 F	220 C	200	7
450 F	230 C	210	8
475 F	240 C	220	9

Helping with conversions – weighing ingredients

Most scales have both imperial and metric weight on them (ounces and grams). Use this table as a guideline when converting imperial measurements to metric if you need to.

1 pound (lb) = 16 ounces

1 kilo (kilogram / kilo) = 1000g

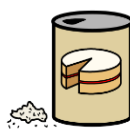
Ounces (oz)	Grams (g)		Ounces (oz)	Grams (g)
½ oz	10g		6oz	175g
¾ oz	20g		7oz	200g
1oz	25g		8oz	225g
1 ½ oz	40g		9oz	250g
2oz	50g		10oz	275g
2 ½ oz	60g		12oz	350g
3oz	75g		1 lb	450g
4oz	110g		1 lb 8oz	700g
4 ½ oz	125g		2 lb	900g
5oz	150g		3 lb	1.35kg



- *Create a game with a grown up to match the conversions together! Make cards and use to play snap or a memory game, by trying to match pairs*
- *Have some questions set. For example, if 1oz is 25g, how many grams is 4oz?*

Some useful substitutions

What happens when you don't have certain ingredients in your cupboard? These below substitutions might help you out! The egg substitutions are especially useful if you need to bake vegan or dairy free.



Baking Powder

1 teaspoon baking powder =

$\frac{1}{4}$ teaspoon baking soda + $\frac{1}{2}$ teaspoon cream of tartar + $\frac{1}{4}$ teaspoon cornflour

Baking Soda

$\frac{1}{2}$ teaspoon baking soda =

2 teaspoon baking powder

Butter

1 cup salted butter =

1 cup margarine

Buttermilk

1 cup buttermilk =

1 cup plain yoghurt

Chocolate

1 ounce unsweetened chocolate =

3 tablespoons natural unsweetened cocoa powder + 1 tablespoon unsalted butter, vegetable oil

Cocoa Powder

3 tablespoons natural unsweetened cocoa powder =

1 ounce unsweetened chocolate + reduced fat in recipe by 1 tablespoon

Eggs

1 egg =

$\frac{1}{2}$ cup applesauce

1 egg =

1 tablespoon ground flaxseed + 3 tablespoons water

1 egg =

$\frac{1}{4}$ cup silken tofu pureed

1 egg =

3 tablespoons mayonnaise

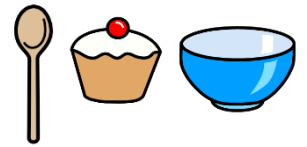
1 egg =

$\frac{1}{2}$ banana mashed with $\frac{1}{2}$ teaspoon baking powder

Sour cream

1 cup sour cream =

1 cup plain yoghurt



Chocolate Buns

Easy, yummy chocolate buns... decorate with delicious chocolate buttercream

Ingredients: For the buns



40g cocoa powder



4 tbsp boiling water



3 large eggs



175g unsalted butter



165g caster sugar



115g self-raising flour



1 tsp baking powder

Ingredients: For the buttercream



60g unsalted butter



30g cocoa powder



3 tbsp milk



250g icing sugar

Equipment: 12-hole bun tin, bun cases, wooden spoon, electric hand whisk, kitchen scales, piping bag and nozzle

1 Line a muffin tin with paper bun cases. Sift the baking powder into a bowl, pour in the boiling water and then mix to a paste.

2 Add the remaining cake ingredients and mix with an electric hand whisk (or you could beat with a wooden spoon).



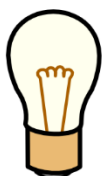
3 Divide the mixture between the paper bun cases (fill just over half way). Bake in a preheated oven at Gas Mark 4 for around 12 to 15 minutes. You will know when they are ready – they will be well risen and springy to the touch. Cool on a wire rack.



4 The buttercream is easy! Simply add sifted icing sugar and cocoa powder to butter and mix using an electric mixer. Add the milk to make it glossier and to get the right consistency.



5 Use a piping bag to pipe buttercream on to the buns, or spread on. Add toppings to them such as chocolate buttons or sugar strands.



- *Count out bun cases with young children*
- *What colour sweets are you using?*
- *Why are there bubbles when they are baked?*



Fork Biscuits

An easy, 3-ingredient recipe. Also delicious with melted chocolate on the top!



100g butter,
softened



50g caster
sugar



150g self
raising flour



Equipment: Two baking trays, wooden spoon, kitchen scales, fork

1 Preheat the oven to Gas Mark 4 and lightly butter two baking trays.

2 Put the butter into a bowl and then beat to soften.

3 Gradually beat in the sugar and then the flour. Bring the mixture together with your hands to form a dough.

4 Roll the dough into balls, around the size of a walnut. You should get approximately 6 from this batch.

5 Place on the baking tray ensuring that there is plenty of space between them.

6 Dip a fork into water and then use this to flatten down the biscuits.

7 Bake in the oven for around 15 – 20 minutes, until very pale golden, then leave to cool on a wire rack.



Talk about tastes of toppings that you could add to the biscuits (milk, white or dark chocolate). Add other flavours like lemon or dried fruit.

Writing: Adapt this recipe by adding ingredients and create your own recipe cards with instructions and pictures.



Cornflake Buns with Sprinkles

So very simple, but absolutely delicious! You can't just eat one!

Ingredients



100g milk chocolate, broken up



3 tbsp golden syrup



50g butter



100g cornflakes

And 6g of sprinkles!

Equipment: 12-hole bun tin, bun cases, saucepan, wooden spoon, kitchen scales

- 1 Line a tin with bun cases.
- 2 Place the butter, chocolate and golden syrup in a saucepan over a low heat. Cook until the chocolate melts. You may need an adult to help with this.
- 3 Allow to cool a little then pour over the cornflakes.
- 4 Use a wooden spoon to gently stir all the ingredients together.
- 5 Spoon the mixture into a cupcake tin lined with bun cases and sprinkle with hundreds and thousands.
- 6 Place in the fridge to set, then serve.



For younger children, draw out pictures of the recipe in order. Cut the cards up and put them into order together. What comes next?



Chocolate Fridge Cake

This one requires no cooking at all!

Ingredients



110g butter



2 tbsp sugar



2 tbsp
golden syrup



1 dessert
spoon cocoa
powder



225g digestive
biscuits



chocolate or
sweets to
decorate

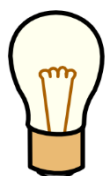
Equipment: Any size cake tin, saucepan, food bag, rolling pin, wooden spoon, kitchen scales

1 In a saucepan, melt the butter, sugar, syrup and cocoa. Take off the heat.

2 Smash up the digestive biscuits in a plastic bag with a rolling pin and then add the crushed biscuits to the mixture and stir.

3 Grease the tin and then place the mixture into it.

4 Leave in the fridge to set for about an hour, then decorate as you wish. This may be topped with melted chocolate.



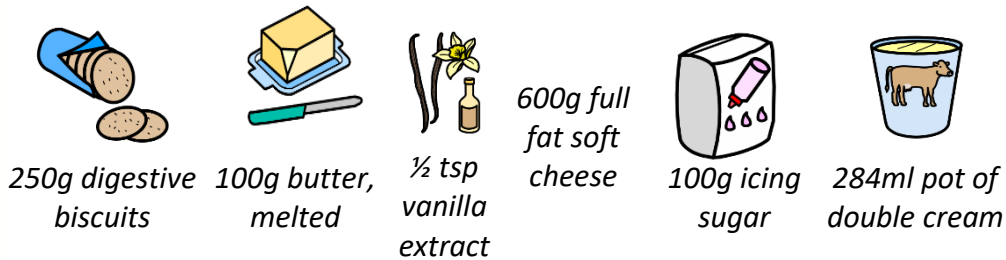
Be adventurous with the ingredients. Talk about consistency of chopped and dried fruit and vary the mixture to your taste. Split batches up and to each one add different mixtures or toppings (fruit and nut, different biscuits or extract flavourings). Use your imagination!



Easy Cheesecake

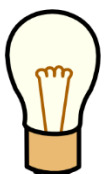
A really simple cheesecake recipe which can be adapted once you get a little more confident

Ingredients



Equipment: 8-inch spring form tin, food bag, rolling pin, saucepan, whisk, kitchen scales

- 1 Grease an 8-inch spring form tin (or round tin) with a little butter.
- 2 Pop the digestive biscuits in a food bag and very carefully with a rolling pin or something similar, crush the biscuits until they are crumbs.
- 3 Melt the butter (either on the hob or in the microwave), then in a bowl put the butter and mix in the crushed digestive biscuits, combining the two.
- 4 Press the biscuit and butter mixture into your cake tin, covering the base of the tin, ensuring the mixture is level. Maybe use the back of a spoon to help you do this.
- 5 Pop into the fridge to chill for an hour.
- 6 In the meantime, put the soft cheese, cream, vanilla essence and icing sugar in a bowl. With a whisk or a spoon, mix carefully until combined and smooth.
- 7 Spoon the mixture over your biscuit base and smooth over. Put it in the fridge overnight.
- 8 Remove from the fridge and leave for 15 minutes so that the cheesecake is at room temperature. Carefully run a knife around the edge of the tin to loosen the sides of the cheesecake, remove from the tin and serve.



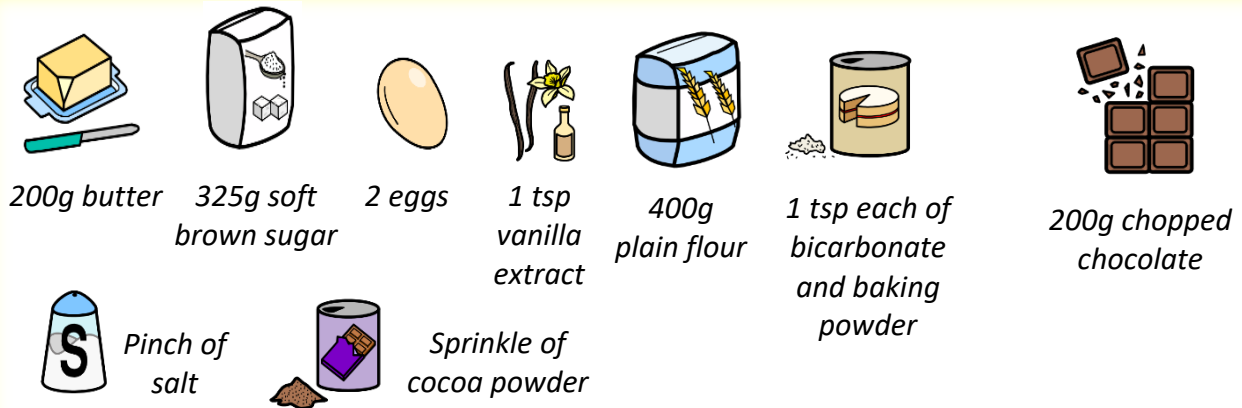
Think about, sample and talk about different flavours in place of vanilla (lime, chocolate) and whether they would be sweet or sour. Write the recipe out for friends and family!



Chocolate Cookies

A lovely recipe from T's Afternoon Treats

Ingredients



Equipment: Two baking trays, baking parchment, electric mixer, wooden spoon, cling film

1 Add softened butter, brown sugar, eggs and vanilla extract to a bowl and mix until smooth.



2 Add in the dry ingredients and hand mix with a spatula or wooden spoon.



3 Wrap the mixture in cling film and chill in the fridge for 1 hour.



4 Line baking trays with baking parchment. When the dough has cooled, roll into evenly sized balls (these were 50g each).



5 Squash the balls slightly and bake at 170 fan for around 20 to 25 minutes.



6 Leave to cool on a wire rack.

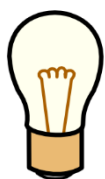


Thank you to T's Afternoon Treats for this scrumptious recipe!

T's Afternoon Treats are based at Aston Springs Farm in Aston, Rotherham (S26 5PQ).

As well as novelty, celebration and wedding cakes, T's Afternoon Treats provide children's baking workshops and parties. Make a day of it when the pandemic is over... take a stroll around the farm trail, visit some animals and book yourself into a fabulous baking workshop!

Be sure to follow on Facebook: **@TsAfternoonTreats**



- ***I wonder why the cookies spread when they are baking? Do a little research!***
- ***What would happen if you added self-raising instead of plain flour?***



Joni and Georges fish biscuits

A great biscuit recipe suitable for all cookie cutter shapes ☺

Thank you, Joni and George, for your wonderful recipe!

Ingredients



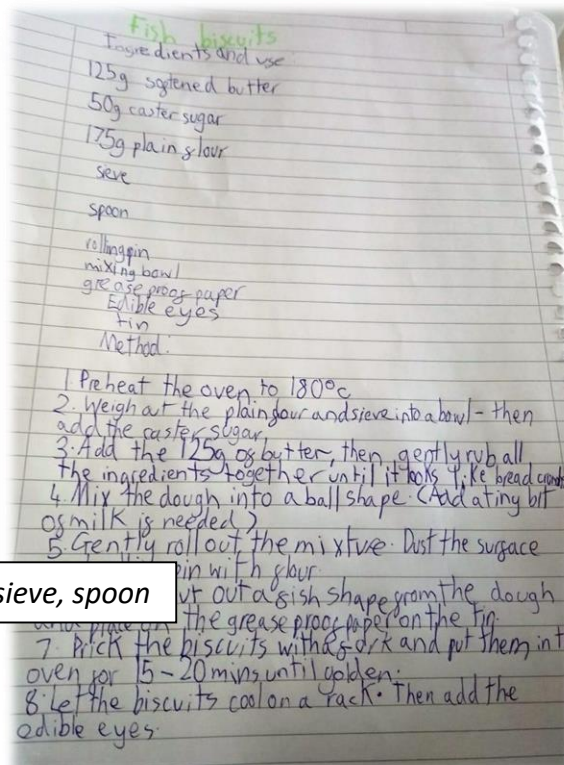
125g softened
butter



50g caster
sugar



175g
plain flour



Equipment: Baking tray, greaseproof paper, kitchen scales, sieve, spoon

1 Preheat the oven to 180 Celsius.

2 Weigh out the plain flour and sieve into a bowl, then add the caster sugar.

4 Mix the dough into a ball shape. (Add a tiny bit of milk if needed).

6 Carefully cut out a fish shape from the dough and place on greaseproof paper on a baking tray.

8 Let the biscuits cool on a rack, then add edible eyes (you can buy these from confectionary stores).

3 Add the 125g of butter, then gently rub all the ingredients together until it looks like bread crumbs.

5 Gently roll out the mixture. Dust the surface and rolling pin with flour.

7 Prick the biscuits with a fork and put them in the oven for 15 – 20 minutes until golden.



Write out recipes just like Joni and George and create your own recipe booklet or recipe cards. You could add photographs of your finished creations!



Phoebes citrus slices

A lovely tangy recipe with a shortbread base

Ingredients: For the base



250g
plain flour

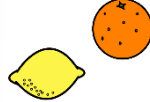


85g icing
sugar, plus
more for
dusting



175g butter,
cut into small
pieces

Ingredients: For the topping



2 lemons
and 1 large
orange



4 large
eggs



400g caster
sugar



50g plain
flour

Equipment: Shallow rectangle tin, baking parchment, food processor, wooden spoon, grater, electric whisk

1 Preheat the oven to Gas Mark 4. Line the base and sides of a shallow, rectangle tin (around 23cm x 33cm) using baking parchment.

3 Put the mixture into the prepared tin and level with the back of a spoon, pressing it down lightly. Bake for 20 - 25 minutes until pale golden.

5 Using an electric whisk, mix the eggs and sugar together, and then add the zest and juices from lemons and orange. Whisk again briefly.

7 Bake for around 15 - 20 minutes, until the topping has just set.

2 Tip the flour, icing sugar and butter into a food processor and whizz it until you have fine breadcrumbs.

4 For the topping, finely grate the zest of the lemons and orange and squeeze out all the juice. You will need 120ml of juice so measure this.

6 Sift in the flour and whisk well to combine all ingredients. Pour the mixture over the shortbread.

8 Let it cool completely whilst in the tin and then lift out. Dust with icing sugar and cut into squares.



Be super specific with your measuring. Measure the tin and work out how big each piece needs to be if you are to make 12 pieces.



Chocolate Mug Cake (otherwise known as cake in a mug!)

Just need a quick cake fix? This is the answer!

Ingredients



35g plain
flour



2 tbsp
cocoa
powder



$\frac{1}{4}$ tsp
baking
powder



2 tbsp
granulated
sugar



60ml milk



2 tbsp
vegetable oil



1 tbsp Nutella
or chocolate
chips

Equipment: Large mug, microwave, spoon

1 Take a bowl and mix together all the dry ingredients.

2 Add all the wet ingredients to the dry mixture and combine until there are no lumps.

3 Pop the mixture into the biggest mug that you have. Make sure the mug is microwave safe (it normally says on the bottom).

4 Drop the Nutella mixture or chocolate chips on the top in the middle.

5 Put in the microwave on high for around 70 seconds.

6 Remove with an oven glove or cloth as this will be hot.

7 Leave to cool and then eat out of the mug. Dust with icing sugar if you wish, or add cream and berries!



I wonder what would happen if we put 2 eggs into this mixture instead?



Liz's Lemon Drizzle Traybake

A lovely zingy and summery traybake!

Ingredients: For the cake



170g butter



170g
granulated
sugar



3 medium
eggs



170g self-
raising flour



Drop of lemon
juice or milk
(optional)



Zest of 1
lemon
(optional)

Ingredients: For the topping



100ml lemon
juice



75g granulated
sugar



Equipment: Rectangular cake tin, baking parchment, grater, skewer or fork

- 1 Line your tin with greaseproof or baking parchment and grease with butter.
- 2 Preheat the oven to Gas Mark 5/190 C/170 C Fan.
- 3 In a bowl or mixer put the butter and sugar and combine until creamy, light and fluffy.
- 4 Add the eggs and beat together. If the mixture starts to curdle add a spoon of flour.
- 5 Sift in the self-raising flour and mix together making sure the ingredients are all combined.
- 6 The mixture should just 'plop' off your spoon. If not, add a dessert spoon of either lemon juice or milk and mix.

7 Grate in the zest of a lemon and mix.

8 Pour into the tin and level out.

9 Pop in the oven for around 22 minutes or until golden. The sponge should not be wobbly in the middle.

10 While your cake is in the oven mix together the sugar and lemon juice to top your cake.

11 Remove from the oven and place on a heatproof mat/surface.

12 Gently take a skewer or fork and pierce the cake top.

13 Pour your lemon/sugar mixture over the top of the cake.

14 Let this sink in and leave to cool.

15 Cut into squares or fingers and serve.

16 This will last in an airtight tin for about 5 days. It also freezes well too.

Top Tip: Roll your lemon on a hard surface to loosen the juices before squeezing



***Have a think about the ingredients and do a little bit of research!
Where do lemons come from and how do they grow?***



Craig's Crumbly Flapjack

A beautifully crumbly flapjack, best with chocolate on the top!

Ingredients



750g unsalted
butter



450g golden
syrup



500g soft
brown sugar



1kg porridge
oats



Equipment: 20x30cm baking tray, greaseproof paper, large pan, wooden spoon, spatula

- 1 Line a 20x30cm tray with greaseproof paper and preheat the oven to Gas Mark 3.
- 2 In a large pan, on a low heat, melt the butter, sugar and syrup until runny.
- 3 Mix in the oats really well and ensure that none are left uncoated by the butter-sugar mix.
- 4 Pour the mixture into the tin and flatten out with a spatula.
- 5 Bake in the preheated oven for around 25 - 35 minutes. They should look really under-baked. If you grip the pan and give it a wobble, it will look undercooked. This is perfect.
- 6 Cover with a clean tea towel and leave overnight until completely cold.
- 7 When cold, you can either melt chocolate and spoon over the top, or just cut up into squares.
- 8 Wrap up in cling film or foil and these will last a week. You can freeze them too.



Create your own flapjack wrapper! Map out your ideas, come up with a name and add information such as the weight of the bar and the ingredients it contains. Why not wrap in cellophane and add your wrapper, then give as a present!



Hedgerow Cake

A beautiful cake containing apple in the sponge... delicious!

Ingredients: For the cake



Weigh 5 eggs... you then need the same weight for the flour, butter and sugar:



self-raising
flour



butter



caster sugar



1tsp
baking
powder



2 bramley apples,
peeled and
chopped into cubes

Ingredients: For the buttercream



150g butter



300g icing
sugar



Zest and juice of
a lemon

Additional ingredients include:
Hedgerow (or another flavour) jam
Icing Sugar
Water
Blackberries to decorate

Equipment: Two 23cm round cake tins, baking parchment, electric mixer, piping bag and nozzle

1 Heat the oven to Gas Mark 3. Grease and line your tins.

For the cake:

2 Put the eggs, flour, butter, sugar and baking powder in a large bowl or mixer and mix together until combined.

4 Divide the mixture equally between the two cake tins and smooth the tops of the uncooked cakes.

3 Add the peeled and chopped apple and mix thoroughly.

5 Pop into the preheated oven on the middle shelf for 50 minutes.

For the buttercream:

6 Whilst the cake is cooking, mix together either by hand or using an electric mixer the butter, icing sugar, lemon zest and juice to a creamy consistency – set to one side.

For the water icing:

8 Whilst the cakes are cooling take a couple of tablespoons of icing sugar and pop into a bowl. Add either water or leftover lemon juice and mix. The consistency of the water icing should be runny but not translucent. It needs to be thick enough to drip on top of the cake but not run off.

Assembling and decorating your cake:

9 Take one of your cooled cakes and spread a generous layer of jam on the top of it.

11 Put the other cake on top of the jam and buttercream ensuring the top of the cake is to the top.

13 Once this has set put the remaining buttercream in your piping bag with the nozzle in. Work around the cake piping buttercream stars or swirls (or pattern of your choice).

7 Once the cakes have been removed from the oven, set aside to cool thoroughly.



10 On top of the jam take half the buttercream icing and spread over the jam making sure it is level.

12 Take your water icing and with a teaspoon gently drizzle over the top of your cake and leave to set for a few minutes.

14 Pop a blackberry on each star and then dust with a small sprinkling of icing sugar.

Tips for this showstopper:

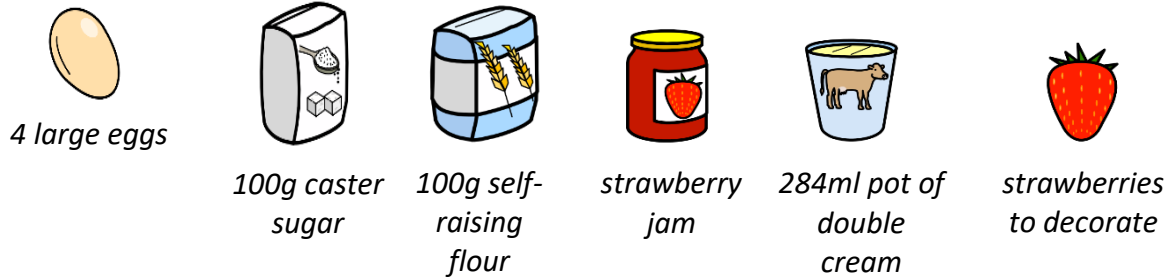
- If you want to change the flavour of the jam and the fruit decoration to vary it you could use strawberries, raspberries or maybe mix it up and add a few chocolates or cut up flake. Maybe add vanilla or toffee to your buttercream rather than lemon
- Unsure if your cake is cooked? Make sure it is not wobbling in the middle or listen carefully and if it is making a high pitch sound still, it will need a few more minutes
- If your buttercream is slightly sloppy then put it in the fridge to set for a while
- When making your water icing make sure that it is not translucent-it needs to drip but not plop onto your cake
- Make sure your cake is fully cooled before you put it together otherwise the buttercream and water icing will melt



Strawberry Swiss Roll

This basic swiss roll recipe can be made and filled with jam/lemon curd or can be decorated to form a table showstopper

Ingredients



Equipment: Swiss roll tin 33x33cm, electric whisk, sieve, baking parchment

- 1 Line your tin with baking parchment.
- 2 Preheat oven to 220 C/ 200 C Fan /Gas Mark 7.
- 3 Whisk the eggs and sugar in a large bowl until the mixture is creamy in colour, has doubled in size and leaves a trail in the form of number 8 when you remove the whisk.
- 4 Remove the whisk.
- 5 Gently sieve in the flour folding it into the mixture with a cutting action. Be careful not to knock the air out of the mixture.
- 6 Pour the mixture into the prepared tin and give a gentle shake so the mixture finds its own level. Make sure it goes into the corners of the tin.
- 7 Place in the oven and cook for about 10 minutes. The cake should look a pale golden colour and be coming away from the edges of the tin.
- 8 While waiting for the cake to cook take a large piece of baking parchment and place onto a work surface and lightly sprinkle with sugar.

9 Once cooked turn out the cooked cake onto the sugared paper gently, removing the lining from the bottom of the cake.

10 Trim off the rough edges of the cake and cool.

11 Whip up your double cream.

12 Gently spread jam onto the cake and top with a thin layer of the whipped cream.

13 Then, carefully roll up the cake from the shorter end.

14 Decorate with cream and strawberries.





Strawberry Shortcake

A beautiful sweet, summery showstopper topped off with a punnet of strawberries... mmm!

Ingredients



128g butter



78g caster
sugar



128g
plain flour



25g corn
flour



200g
crème
fraîche



punnet of
strawberries

Equipment: Loose-bottomed fluted tin / 23cm round springform tin, electric whisk, fork

1 Grease your tart tin or cake tin really well with butter.

2 Preheat the oven to Gas Mark 2/150 C/130 C Fan.

3 In a bowl, cream together the butter and sugar until combined.

4 Add the plain flour and corn flour and combine. This may take a while and you may want to use your hands to bring the dough together – if sticky flour your hands.

5 Once in a ball place in the centre of your greased tin and work the mixture out so that it forms a shallow base, reaching the sides of your tin.

6 Take a fork and dip in some flour – gently press the fork all over the base of your shortcake.

7 Pop in the oven and bake for 40 - 45minutes.

8 Remove when golden brown and leave to cool in the tin.

9 Once cooled, the shortcake should look like a biscuit – remove carefully from the tin and place on a plate or serving platter.

10 Rinse the strawberries and on a chopping board slice them in half or if they are big slice them into a few pieces.

11 Cover the shortcake with the crème fraiche and spread out.

12 Place the cut-up strawberries on top, working from the outside in a circular motion.

Tips for this showstopper:

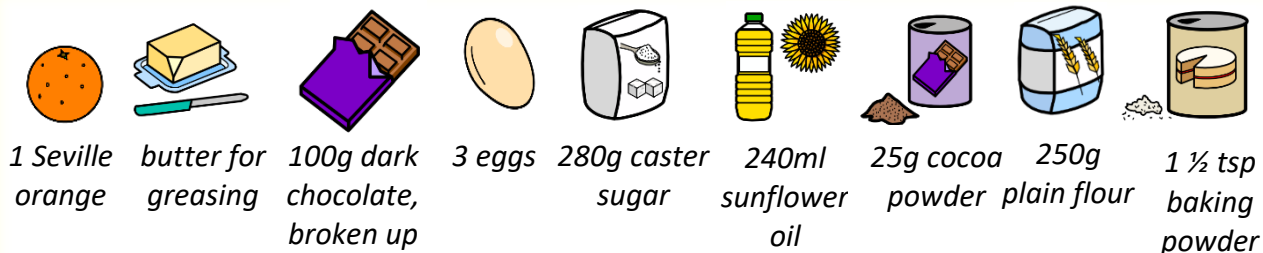
- The strawberries can be replaced with any fruit at all
- If crème fraiche is not available, then whipped double cream could be substituted
- If the mixture is very sticky add a touch more flour and keep dusting your hands with flour to stop them sticking



Dark Chocolate Orange Cake

A truly indulgent chocolate cake to make you smile!

Ingredients: For the cake



Equipment: Food processor, saucepan, 20cm springform tin, baking parchment

Ingredients: For the ganache



1 Pierce the orange with a skewer (right through), then put in a saucepan and cover with water. Cook in boiling water for 30 minutes until soft.

2 Carefully remove from the water and whizz the whole orange in a food processor until smooth. Let it cool.

4 Grease and line the base of a 23cm/9in round cake tin.

3 Preheat the oven to 180 C / Gas Mark 4 / 160 C Fan.

5 Melt the chocolate in a heatproof bowl set over a pan of simmering water or in the microwave for 2 minutes on high, stirring after 1 minute. Leave to cool.

6 In a large bowl, lightly beat the eggs, sugar and oil.

8 Sift in the cocoa, flour and baking powder. Mix well and then pour into the tin.

10 Allow to cool for 10 minutes in the tin, then turn out onto a wire rack to cool completely.

12 In a saucepan bring the cream to the boil and carefully pour over the chocolate. Leave for 2 minutes, then stir until smooth.

14 Very carefully take a knife and slice the cooled cake in half. Transfer the bottom of the cake to a serving plate.

16 Carefully cover the top of the cake and sides in the remaining ganache.

7 Gradually beat in the puréed orange, discarding any pips, then stir in the cooled melted chocolate.

9 Bake in the centre of the oven for 55 minutes, or until the cake springs back when lightly pressed in the middle. (Check after 45 minutes and cover with foil if it is browning too much.)

11 Make the chocolate ganache: put the chocolate into a heatproof bowl.

13 Set aside until firm enough to spread over the cake – up to 1½ hours.

15 Using a palette knife, put a small amount of ganache on the cut side and place the other half of the cake on top.

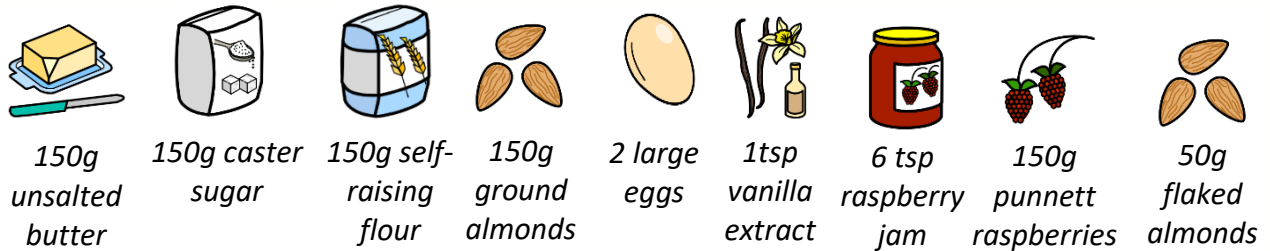
17 Decorate with extra sweets if you wish, and then pop strips of candied orange peel on top.



Bakewell Cake

A delicious variant of the Bakewell pudding, closely associated with the town of Bakewell, Derbyshire

Ingredients



Equipment: 22-24cm springform tin, baking parchment

1 Line and grease a springform cake tin.

2 Preheat the oven to Gas Mark 4/180 C /160 C Fan.

3 Cream together in a bowl the butter and caster sugar.

5 Add the flour, ground almonds and vanilla extract and combine.

7 Place half of the mixture in the tin and smooth it over.

9 Cover gently with the remaining mixture and smooth over. Scatter the flaked almonds over the top.

4 Add the eggs and beat in.

6 If the mixture is a little solid, add a dessert spoon of milk and mix.

8 Dot the jam, around half a teaspoon at a time, and then scatter the raspberries all over.

10 Put in the preheated oven and bake for 45 - 50 minutes until golden brown, and then serve warm or at room temperature.





Introduction

The kitchen is a great place to learn some life skills (without it feeling like a lesson in a classroom). Teenagers can learn the value of cleaning up after themselves and enjoy doing something for others, as well as how to make components of a meal come together. It involves creativity and a sense of satisfaction when a final meal has been prepared and showed off to others.

Teenagers tend to know their way around a microwave – it might be for heating up leftovers, or making some scrambled eggs. But when young people get a little older, it's great to look at the nutrients in food, how much ingredients cost and how to budget in line with other outgoings. Cooking is really a survival skill.

Cooking can really give a sense of satisfaction – young people can start trusting their tastes, their skills, their experimental side and overall ability to give things a go.

Safety in the kitchen

When introducing young people to cooking, try to cover a few safety basics first. Talk about these together rather than telling them the things they “shouldn't do”. Spend some time talking about:

- Good hand washing
- Avoiding cross-contamination
- Any basic first aid skills in case of small accidents
- Knife handling skills – ensuring that a sharp knife is a safe knife

Essential cooking skills

Here are a few essential skills and techniques to get started in the kitchen. Knowing these basic skills will give a great starter to be a skilled cook.

Some of the basic skills are:

- Boiling – try cutting some potatoes and boiling for a Sunday dinner
- Roasting – use some of your boiled potatoes to roast a few in the oven. Along with some oil, what flavourings can you add?
- Pay frying – try frying some bacon (nice and easy) and then move on to caramelising some onions
- What about using a slow cooker to create some delicious meals?

A way to spend time together!

As children get older, it might be that they have less time to spend with you. They don't need to play or make things with you any more, or share stories. They're busy with their friends, social media, homework, sports and jobs. Getting older children and young people gives opportunity to spend some time together whilst learning a new skill in the kitchen.

Preparing meals together is a great relationship-building activity.

Other suggestions...

- Why not look at lessons online through tutorials or take a cooking/baking class together? This will encourage participation and opportunity to look at new and exciting ingredients and cuisines
- Plan a family meal together. Look at the shopping you will need, what prep work will need to be done and share the cooking out as a team
- When able to, go for meals together but experiment with different cuisines including the ones you wouldn't normally go for. Do a little research online and see if you can recreate at home
- Hand the kitchen over! When young people get that little bit older and have more confidence, have one or two meals a week prepared by them. Give opportunity for them to share their creations with others and give a sense of satisfaction
- Cooking together should be fun and not like a school lesson. Keep a good sense of humour, laugh together and show how rewarding it can be



How to boil an egg

A starter cooking skill in the kitchen

You will need...

Eggs
Saucepan
Water
A timer
Tongs



1 Place eggs in the bottom of a saucepan. Be sure not to crowd the eggs in the pan. They should fit comfortably.

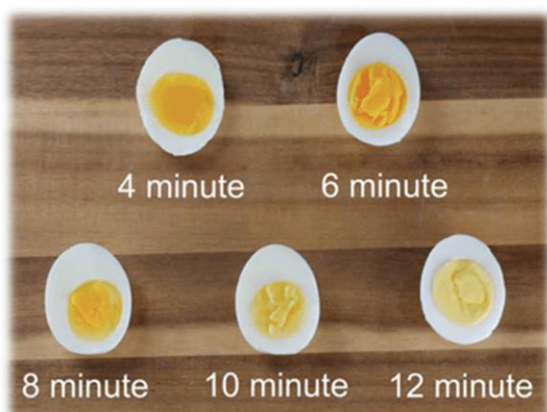
2 Fill the pan with cold water, 1 inch above the eggs.

3 Bring the water to a rapid boil on the stovetop over high heat.

4 Once the water comes to a boil, cover the pan with a lid. Set a timer for the type of boiled egg you want, from 4 minutes to 12 minutes.

5 When the eggs reach the desired cooking time, very carefully use tongs to remove the eggs from the hot water (you may need an adult to help you with this).

6 If having with toasted soldiers, pop in an eggcup and gently tap the top of the egg off to reveal a runny yolk! If hard-boiling, gently tap the eggs against a hard surface and peel away the shell. Rinse the egg under cold water to remove any bits of shell and pat dry.





Making your own pizza

Level: Easy

An easy version that younger children can do

Ingredients



A tortilla wrap



Enough tomato puree to cover the wrap



Dried oregano herbs



Grated mozzarella or cheese



Toppings of your choice

1 Start by laying out a tortilla wrap on a plate. Cover the wrap with tomato puree (the easiest way is to use the base of a spoon).



2 Cover the tomato puree with a thin sprinkle of dried herbs (oregano is good to use). Add a thin layer of cheese, followed by toppings of your choice.



3 Add another layer of cheese if you want to before cooking. Pop it into the oven with the help from an adult, and cook for around 10 minutes on Gas Mark 4.





Making your own pizza

Level: Medium

A more difficult version for teenagers and young adults

Ingredients

540/560g of strong white flour – Lidl and Aldi do great strong white flour
1 sachet of yeast
1 tablespoon of oil (we use rapeseed oil)
1 tablespoon of honey
Pinch of salt
350ml of warm tap water

Makes 3 12 inch bases

Toppings

Passata or tomato puree
Cheese
Toppings of your choice

NOTE: The reason that there are two amounts for the flour is that no two flours have the same absorbency, so you may need to add more flour or more water during the mixing process.

1 Mix the flour, yeast and salt together in a large mixing bowl and stir in the olive oil.

2 Gradually add the water, mixing well to form a soft dough.

3 Turn the dough out onto a floured work surface and knead for about five minutes, until smooth and elastic.



4 Transfer to a clean bowl, cover with a damp tea towel and leave to rise for about 1½ hours until doubled in size.

6 Roll into a ball and set aside for 30 minutes to 1 hour until risen again.

8 Heat the oven to 220 C / 230 C Fan / Gas Mark 7 – you may need to ask an adult to help with this.

10 Spread a little passata (or homemade tomato sauce) over each pizza base and top with your favourite toppings.

11 Bake the pizzas in the oven for around 15 - 20 minutes until the bases are crisp and golden-brown around the edges and any cheese on the topping has melted.

5 When the dough has risen, push it down and then knead again until smooth.

7 Once your dough is risen, split into 3 balls or more and roll out on a floured surface to your chosen size.

9 Pop the dough on a baking tray.





Omelette

An easy creation with eggs which can include lots of different ingredients

Ingredients

2 or 3 eggs (depending on your appetite!)
A splash of cooking oil
Ingredients of your choice (spring onion, cherry tomatoes, red pepper)
Grated cheese
Salt and pepper

1 Add a little oil to a frying pan over a low heat.

2 Cut up ingredients of your choice. We recommend chopped up spring onion, sliced cherry tomatoes and small pieces of red pepper.

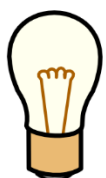
3 Fry your ingredients until soft and ensure that they are scattered evenly around the pan.

4 Whisk 2 or 3 eggs in a jug until fully combined and add a pinch of salt and pepper along with grated cheese. Add the eggs into the pan ensuring it covers all ingredients.

5 You will be able to see when the egg starts cooking by looking at the edges – they come away from the pan slightly.

6 Flip the omelette over and cook on the other side. When cooked, the omelette should be a golden colour and the egg will be thoroughly cooked (no gooey bits!)

7 Serve on a plate and for an extra flavour, add a bit of rocket to the side. It's a great combination with an omelette!



Omelettes are great on their own, or with a side salad for a bigger meal. Have a good think about other ingredients. Why not try a breakfast omelette with cooked sausage, cooked bacon pieces and sliced mushroom? Add a side of baked beans!



Cheese on toast

Very simple using a grill in the kitchen

Ingredients

Bread (white or wholemeal, sliced or unsliced)

A bit of butter

Cheese (sliced, grated, squares) – cheddar is usually a good option

Optional: Mustard, Hendersons Relish, onion chutney, etc.



1 Get all your ingredients ready and turn the grill on to a medium heat.

2 Grate or slice your cheese, you need enough to cover your slice of toast on one side.

3 Take a piece of bread and carefully put it under the grill. Keep an eye on it until it goes golden, turn over to very lightly toast the other side. You could use a toaster instead to toast your bread.

4 Remove the slice of toast and carefully spread a small amount of butter on the toast.

5 Add/sprinkle the grated cheese on one side. It is at this point you add mustard, Hendersons or any other extra flavours.

6 Put under the grill, keeping an eye on your toast as you don't want the bread or cheese to burn.

7 Remove when the cheese is just melted and started to bubble slightly.

8 Leave for at least a minute before eating as you don't want to burn yourself!



Fruit Smoothies

Delicious and healthy smoothies from our Virtual School Headteacher

Not really cooking as such, but very healthy and an opportunity to create different flavours by looking at different combinations. All you need is fruit and a blender, then off you go! You do need oranges, but then it is fun to mix it up and add different fruit. For example, grapes, plums, raspberries and strawberries. You can also use frozen fruit.

Ingredients

This recipe used:

- 3 oranges
- Half a melon
- 2 bananas
- A handful of blueberries



1 Before you add the oranges, you need to squeeze them. You can do this by hand/using a manual or an electric squeezer.



2 Add all the fruit into the blender and blend.



3 Pour into a glass and drink! Once you have poured the smoothie into a glass, you can add pieces of fruit and/or ice.



Glossary of baking terms

A-Z

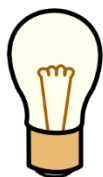
Aerate	To incorporate air into something.
Bain-marie	Also known as a hot water bath. It is used to melt chocolate and butter gently and gradually over a pot of simmering water.
Bake blind	Baking the crust of a pie or a tart without the filling. Sometimes this involves pricking the bottom of the crust before filling with pie weights before baking.
Batch	A batch is the amount of bread/cookies which are made from one bake.
Batter	A mixture of dry and liquid ingredients such as eggs, flour and milk or water. It is similar to dough but it is a lot thinner and cannot be kneaded.
Beat	Mixing a mixture rapidly and intensely to combine ingredients and incorporate air into the mixture. Typically done with a whisk or mixer.
Blend	Mixing two substances together so that they become incorporated together.
Boil	Heating liquid until it reaches its 'boiling point'.
Buttercream	A type of icing used to fill, top, coat and decorate cakes or cupcakes. Normally made by creaming butter with powdered sugar.
Caramelize	This is the process of cooking sugar until it turns brown. Cooking can also caramelize natural sugars in various fruits and vegetables including onions.
Chop	Using a knife or sharp object to cut something into small pieces.
Coat	To cover something with a wet or dry substance. Bread loaves are usually coated with a layer of butter.
Combine	To mix two ingredients together.

Consistency	The texture and thickness of a substance.
Cool	Allowing something to reduce in temperature.
Cream	Softening butter or other solid fats and mixing them with other ingredients. This is normally used to combine butter and sugar.
Crumb	Used to describe the small particles of cakes or bread.
Crust	This is the outer skin of a bread or pie.
Curdle	This is what happens when a liquid separates and forms curds and lumps (for example, when making a cake).
Dissolve	To incorporate a solid ingredient/food to a liquid to form a solution or mixture.
Dough	A thick mixture made by combining flour with a liquid. Normally refers to either bread or pastry. It can be kneaded and rolled out.
Drizzle	Pouring a thin stream of liquid such as glaze or butter over food.
Dry ingredients	Ingredients that are dry and don't contain any water, usually in solid form (flour, cocoa powder and salt).
Dust	Sprinkling a thin layer of powdered ingredient such as cocoa powder over food.
Egg wash	To brush a layer of beaten egg mixture over the surface of food, typically to add colour after it is baked.
Essence	Essence is used for flavouring your baking (vanilla essence).
Extract	For example, vanilla extract is the substance that has been retrieved straight from vanilla pods.
Fermentation	The process that converts the sugars and starches in bread dough into simpler substances such as carbon dioxide, which causes dough to rise, producing the holey texture you see in bread. Most bread recipes require two periods of rising.

	<p><u>First rise:</u> Waiting for the yeast to work after adding it to the dough. This step is required in the making of any yeast bread.</p> <p><u>Second rise:</u> Also known as the final rise, final fermentation or blooming. The resting period after shaping the dough and before baking.</p>
Fold	A technique used to describe the gentle incorporation of dry to liquid ingredients. It is typically done using a whisk or rubber spatula.
Firm peaks	When you lift up your whisk, the peaks should hold their shape better than soft peaks. Firm peaks have distinct ridges with tips that are slightly bent.
Glaze	To make the surface of a food shiny by coating with a layer of sugar, butter or any other glossy liquid.
Grainy	Refers to the texture of a substance when it is not smooth and has granular bits.
Grease	To oil something (usually a tin) with a fat, usually butter.
Icing/Frosting	A sweet glaze used to cover or decorate food such as cakes, pastries and cookies.
Incorporate	To add one substance to another and mix them together such that they are evenly distributed.
Knead	To work dough (usually for bread) by massaging, stretching, pulling and folding it.
Light and Fluffy	Typically used to describe the final/optimal state of creaming butter and sugar.
Lumpy	Used to describe the texture of a substance-not smooth, has lumps.
Lukewarm	Mildly warm liquid (milk or water), very slightly warmer than the body temperature. Usually required to activate yeast before baking.
Melt	Heating a solid product to form a liquid.

Mince	Using a knife or sharp object to chop something very finely/into very small pieces.
Mix	To combine two or more substances together.
Mould	To pinch or give shape to something, such as bread or pie dough.
Muffin tin	A pan with multiple cylindrical indents (usually 4, 6 or 12) used to create muffins and cupcakes.
Nonstick	For pan/surface: covered with a substance that prevents food from sticking.
Parchment	Used to line baking tins to prevent food from sticking to them.
Peel	The outer skin or covering of a food such as orange or lemon.
Pinch	Using your fingers to press something together. Or, referred to in a 'pinch' of salt.
Pipe	To squeeze frosting or buttercream through a piping bag.
Preheat	Turning on the oven/pan beforehand to let it come to the desired temperature.
Proof	Letting the shaped bread dough have its final rise before baking.
Rubbing in	This is normally when you are crumbling and breaking butter into small pieces, rubbing them into flour.
Score	Slashing the surface of food such as bread/pie dough, cakes and meat using a sharp knife.
Sieve	Putting a food through a sieve to take lumps from powdered material.
Simmer	The process of bringing a liquid to a temperature that is slightly below its boiling point, and letting it bubble gently.
Softened butter	Butter that has been left at room temperature for a while until it is no longer hard and cold.

Soft peaks	A stage in whipping where the peaks are able to hold their shape when your whisk/beaters are lifted. They are soft and melt back into the mixture after some time.
Sprinkle	To lightly scatter something like sugar over a food.
Stiff peaks	This is when peaks do not collapse at all when the beaters/whisk is lifted. At this point, the mixture should be very thick.
Stir	Mixing a substance by moving a kitchen utensil/tool in circular motions.
Temper	Typically used for eggs and chocolate. When tempering eggs, a hot liquid is slowly added to the mixture in small amounts to prevent the eggs from scrambling.
Turntable	A cake stand with a rotating base that is used for decorating cakes.
Whip	Beating liquid ingredients such as heavy cream and egg whites using a whisk or mixer to produce volume.
Whisk	A kitchen tool used to blend, beat and incorporate air into a mixture.
Zest	Made by scraping the outer layer of the skin of citrus fruits using a grater. Used to add flavour to food.



Why not use what you have learned in this baking glossary to create a baking quiz?!

