

PLAIN BREAD ROLLS

Ingredients

- 250g strong white bread flour
- ½ salt
- ½ tsp sugar
- 1 teaspoon easy bake/fast action yeast*
- 15ml oil (flavoured or unflavoured)
- 150ml warm water
- Flavourings if desired e.g. fresh herbs, garlic or spices.

Method

1. Preheat the oven to 150 C or Gas 2
2. Add flour and salt to mixing bowl, stir in sugar and yeast and any flavourings and add oil and water and mix to a soft dough
3. Knead for up to 10 minutes until smooth
4. Divide the dough into 8 even sized pieces, knead into bread rolls
5. Place around an oiled cake tin. Decorate as desired.
6. Place into the oven, turning the oven off. Leave to prove for about 20 minutes until doubled in size.
7. Turn the oven on to Gas 6/200⁰C. Cook for 20 minutes.

**** Please do not use 'fast active' dried yeast as this will not work in the limited time we have available in class.***

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CHEESE AND HERB BREAD TWISTS

Ingredients

- 250g strong white bread flour
- ½ salt
- ½ tsp sugar
- 1teaspoon easy bake/fast action yeast*
- 15ml oil (flavoured or unflavoured)
- 150ml warm water
- 2 teaspoons of dried herbs e.g. oregano
- 75-100g grated cheese.

Method

1. Preheat the oven to 150⁰C or Gas 2.
2. Add flour and salt to mixing bowl, stir in sugar, yeast, almost all of the cheese and herbs (leaving some herbs and cheese to sprinkle of the top before cooking) and add oil and water and mix to a soft dough.
3. Knead for up to 10 minutes until smooth.
4. Divide the dough into 8 even sized pieces, knead into bread rolls.
5. Place around an oiled cake tin or shape and place on a greased baking tray. Sprinkle over the remaining cheese and herbs or decorate as desired.
6. Place into the oven, turning the oven off. Leave to prove for about 20 minutes until doubled in size.
7. Turn the oven on to Gas 6/200⁰C. Cook for 20 minutes.

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ALL RECIPES CAN BE FOUND ON THE SCHOOL WEBSITE
PLEASE ADVISE US OF ANY NUT OR OTHER FOOD ALLERGY

BUILDING SKILLS FOR GCSE

Year 9

This leaflet includes recipes for:

- Victoria Sandwich
- Swiss Roll
- Jam Tarts
- Plain Rolls
- Practical Assessment
- Cheese & Herb Bread Twists

Name: _____

Tutor Group: _____ DT Group _____

Towards the end of the module you will be required to repeat one of the practicals completed this term with particular focus upon quality of finish.

The date of this practical will be:

Making Date _____

Making Date _____

Victoria Sandwich

(Creaming Method)

Ingredients

- 150g self-raising flour
- 1x5ml(tsp) baking powder
- 150g margarine
- 150g caster sugar
- 3 eggs
- 2 x 15ml (tblsp) jam

Method

1. Preheat oven 180°C, Gas 4.
2. Cream together the margarine and sugar until light and fluffy.
3. Beat the eggs lightly with a fork and add gradually.
4. Sieve the flour & baking power into the mixing bowl and fold in gently.
5. Divide mixture between greased and lined tins.
6. Bake for 20-25 minutes.
7. Remove from tins, and cool.
8. Fill with jam and assemble.
9. Dust with icing sugar.

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Making Date _____

Swiss roll

(Whisking Method)

Ingredients

- 2 medium eggs
- 75g caster sugar
- 75g self raising flour
- 1 tbsp caster sugar *to go on outside of the cake (keep separate)*
- 4 tablespoons of jam

Method

1. Oven on at gas 7 / 220°C.
2. Grease and line base of swiss roll tin.
3. Whisk eggs and sugar until **pale and really thick.**
4. Very gently fold in the sieved flour.
5. Pour into prepared tin.
6. Bake for 7-9 minutes until springy to touch (check after 5 minutes in fan oven).
7. Put piece of sugared greaseproof paper onto table and turn cake out onto paper.
8. Place another piece of greaseproof on top and roll cake away from you around the paper.
9. Cool for 20 minutes. Gently unroll the cake, remove paper and spread on the jam and re roll.

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Making Date _____

Jam Tarts

(Shortcrust Pastry)

Ingredients

- 100g plain flour
- Pinch salt
- 50g block margarine or butter *
- Cold water
- jam or lemon curd

Method

1. Preheat oven Gas 6 / 200°C.
2. Mix flour and salt in a bowl, rub in the fat with fingertips until it looks like fine breadcrumbs.
3. Stir in enough water to form a stiff dough.
4. Turn dough onto a floured surface.
5. Knead lightly.
6. Roll out the pastry thinly and cut into rounds using a 7.5cm cutter and line a bun tray.
7. Put a little jam or lemon curd into each pastry case, do not over fill.
8. Bake for about 15 minutes.

**** Please ensure that only a hard block butter or block margarine is used. Soft spreadable fats will not produce a good pastry. It must be refrigerated in school.***

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Making Date _____