

Brandy Snaps

(Sugar; adding colour, caramelisation, sweetness and texture)

- 50g butter
- 50g demerara sugar
- 50g golden syrup
- 50g plain flour
- ½ level teaspoon ground ginger
- ½ teaspoon lemon juice

A container to take cake home in

1. Preheat the oven to 160°C/ Gas 4. Line 2 baking trays with baking parchment
2. Measure the butter, sugar and syrup into a small pan and heat gently until the butter has melted and sugar has dissolved. Leave the mixture to cool slightly and then sieve in the flour and the ginger. Add the lemon juice and stir well to mix thoroughly. Place teaspoons of the mixture onto the prepared baking trays at least 10cm apart and only 4 teaspoons at a time.
3. bake in the oven for about 8 minutes or until the mixture is well spread out and a dark golden colour. Remove from the oven and leave for a few minutes to firm, then lift from the parchment using a fish slice, turn over and roll around the handle of an oiled wooden spoon or over the top of an oiled mould. Leave to set and then slip off the moulds. Repeat until all the mixture is used.

The date of this practical will be

French Apple Flan

(Fat; shortening, sugar; sweetness, enzymic browning)

Pastry (To be made at home)

- 175g plain flour
- 75g margarine/butter (**Must be a hard block fat**)
- 75g caster sugar
- Approx. 4-6 tablespoons of cold water

Stewed Apple Filling (To be made at home)

- 900g cooking apples
- 50g butter
- 2 tablespoons water
- 50g caster sugar

- Grated rind of ½ lemon
- 225g eating red skinned apples
- 1-2 tablespoons lemon juice
- About 1 teaspoon caster sugar for sprinkling

Glaze

- 4 tablespoons apricot jam

A container to take cake home in

1. **Make the pastry and apple filling at home** - Rub the margarine/butter into the flour until it resembles fine breadcrumbs. Add the sugar and just enough water to bring it together as a dough. Wrap in cling and chill.
2. Cut the cooking apples into quarters, no need to peel, remove the core and chop into chunks. Melt the butter in a large pan and add the apples, sugar and water. Cover and cook very gently for 10-15 minutes until apples are soft and mushy. Beat with a wooden spoon until soft, allow to cool.
3. Preheat the oven to 200 °C /Gas 6. Roll out and line a 20cm (8") flan ring and bake blind for 10-15 minutes.
4. Peel, quarter and core the eating apples and slice them thinly (about the thickness of a £2 coin) and put into a bowl filled with water and the lemon juice.
5. Spoon the apple puree over the cooked pastry case and level the surface. Drain the sliced apples and arrange in neat overlapping circles over the puree, sprinkle with caster sugar, bake for 25 minutes or until pastry and edges of apple are lightly browned.
6. To make the glaze, sieve the apricot jam into a small pan and heat gently until runny. Brush all over the top of the apples and pastry. Serve warm or cold.

The date of this practical will be

Meringues

(Sugar; sweetness, foaming)

- 2 egg whites
- 100g caster sugar

A container to take cake home in

1. Switch oven on Gas 2/150°C.
2. In a clean bowl whisk the egg whites until stiff.
3. Gradually add the caster sugar and continue to whisk until it stands in stiff peaks
4. Spoon or pipe small 10p piece sized amounts onto a baking tray lined with greaseproof paper.
5. Cook for at least 40 minutes until firm to the touch.

The date of this practical will be

Eccles Cakes

(Fat; flaky pastry Sugar; sweetness, texture)

- 100g plain flour
- 50g hard block margarine
- 25g lard
- ¼ teaspoon salt
- 1 teaspoon lemon juice
- 4 tablespoons cold water
- 75g currants
- 25g brown sugar
- 25g butter
- 1 teaspoon mixed spice

2 tablespoons caster sugar for sprinkling

1. Preheat the oven Gas 7 / 220 degrees.
2. Sieve the flour and salt into a mixing bowl. Rub in the lard and mix to a soft dough with the cold water and lemon juice.
3. Knead the dough lightly and roll into a strip 3 times as long as it is wide.
4. Cut the hard margarine into 3 even size pieces. Take one piece and cut into tiny lumps and place evenly over 1/3rd of the dough.
5. Fold the bottom third of the dough up and then the top third of the dough down. Seal the edges and quarter turn.
6. Repeat and add the second piece of margarine, again cut into small lumps. Fold and seal and quarter turn.
7. Repeat again using the final piece of margarine. Fold, seal and quarter turn. Roll out and without any fat fold and seal.
8. Melt the butter in a pan gently and add the dried fruit, sugar and mixed spice. Mix until the sugar is dissolved.
9. Roll out the pastry to a rectangle 30cm x 20cm. Cut in half lengthways and cut each strip into 3 to give 6 x 10cm squares
10. Place a spoonful of fruit mixture onto each square. Damp edges and gather together
11. Turn pastry over and use a rolling pin to form a 8cm round. Cut three slits across the top, brush with water and sprinkle with sugar.

12. Place onto baking tray and cook for 15 minutes until golden brown.

The date of this practical will be

Food Preparation & Nutrition Recipes Year 10



Spring Term Sugars, Fats and Oils

Brandy snaps
French Apple Flan
Meringues
Eccles Cakes