

Fruit Flapjacks

Recipe

60g Brown Sugar
100g Butter
200g Large rolled oats
25g Dried fruit, eg. Apricot/raisins
100g Golden Syrup

Method

1. Place butter, sugar and syrup in a saucepan
2. Heat on a low heat until butter melts, stirring with wooden spoon
3. Take pan off the heat and add the oats and fruit and mix
4. Place into tin and press down
5. Bake in oven for 15mins until golden brown



**How do we know
if our flapjack is
cooked?**

Skills:
Using the hob
Using the oven
Mixing
Following a recipe

Equipment;
Wooden spoon
Saucepan
Baking tray

Learning Question: How do I follow health and safety rules in the kitchen when making my flapjack?

**ALLERGENS: Milk,
Oats**

PIZZA TOAST

Ingredients

- 2 Slices of bread
- ½ Pepper
- ¼ Onion
- 30g Cheddar
- Sweetcorn
- 2 tbsp Passata
- 2 Slices of ham

Method

1. Preheat your oven to 180
2. Lay your bread onto a lined oven tray
3. Carefully spread your tomato sauce onto each piece of bread using the back of a spoon
4. Grate your cheese and sprinkle evenly on top
5. Peel chop and slice your vegetables and sprinkle them on top of the cheese
6. Place in the oven for roughly 10 mins or until the cheese is melted and bubbly.



Which colour chopping boards do we use for each ingredient?

Equipment

Baking tray
Knife
Brown Chopping board

What are the 2 different knife grips called?

Learning Question: What makes a pizza toast a balanced and healthy snack?

ALLERGENS: Milk, Gluten

SCONES

Recipe

250g Self raising flour

75g Dried Fruit

40g Butter

25g Sugar

100ml Semi Skimmed Milk

Method

1. Weigh out ingredients
2. Place flour into mixing bowl
3. Rub butter into flour
4. Add sugar
5. Add milk into the mixture **a little at a time** and mix in
6. Stop adding milk when the mixture starts sticking together- squeeze together into a dough
7. Pat out onto a floured work surface until 3cm thick, cut out and place on baking tray
8. Cook in oven for 10-15mins until golden brown and risen

Equipment;
Mixing bowl
Wooden spoon
Baking tray
Cookie cutters

ALLERGENS: Milk, Wheat



Learning Question; What skills do we need to make scones that are well-risen and evenly baked?

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ALLERGENS: Milk, Wheat



Learning Question; What skills do we need to make scones that are well-risen and evenly baked?

BANANA MUFFINS

Ingredients

50g Soft Brown Sugar

1 Large Banana

50g Soft Margarine

1 tbsp Honey

110g Self raising flour

100g Raisins/sultanas

1 Egg

Method

1. Preheat oven to gas mark 5 or 180°C
2. Mix your brown sugar, margarine, honey, flour and egg in a large glass bowl using a wooden spoon.
3. Mash up your banana with a fork
4. Add the mashed banana to the other ingredients and then mix together. **Do not worry if the mixture is lumpy at this stage.**
5. Divide the mixture evenly into the cake cases
6. Place into the oven and cook for 15 mins or until risen and golden brown.

Learning Question; How can bananas be used as a natural sweetener in baking?



Equipment;

Mixing bowl
Wooden Spoon
Muffin tray
Paper cases
Green chopping board

ALLERGENS: Milk, gluten