

CHEESE STRAWS – INGREDIENTS (You will also need a box to take them home in)

50g sunflower or olive oil based margarine (or softened butter)
 125g reduced fat or 'light' Strong Cheddar or Red Leicester Cheese, grated
 100g plain flour
 ¼ tsp paprika and/or ¼ tsp mustard powder (available from school)
 Own choice of sesame / sunflower / pumpkin or poppy seeds (available from school)

DATE:

This recipe is your Yr7 practical assessment (You need to work through as far as possible, independently.)

Method (stages in production):**Safety, hygiene & quality checks**

1. Wash hands, put on apron, tie back hair.

Wash hands thoroughly, make sure clothing is clean and long hair tied back

2. Preheat the oven 200°C and grease a baking tray.

Wait until oven has reached correct temperature before baking biscuits.

3. Beat the butter or margarine until very soft and stir in the grated cheese.

Butter or margarine must be very soft and 'creamy' before adding cheese (remember to grate the cheese if not already done!)

4. Add the flour and paprika and work into a dough by squeezing with your hands.

Keep squeezing dough between fingers until it holds together (can take 4 or 5 minutes!)

5. Flour the work surface and roll out the dough until it is 1cm thick.

Roll out to a rectangle (14 x 12cm approximately)

6. Cut into 12 EVEN SIZED STRIPS, brush with water and sprinkle on the sesame seeds

IF TIME, TRIM THE EDGES FIRST AND THEN CUT -this will give a neater overall appearance

7. Place on baking tray and bake for 14-16 minutes until golden and crisp.

Use oven gloves & open door fully. Turn tray round after 10 minutes and bake until all biscuits are the same colour

8. Carefully place on cooling rack using a pallet knife

Allow to cool on tray for a couple of minutes.

FRUITY YOGURT CUPCAKES - DATE: Monday 15th July. (You will also need 12 cupcake /muffin cases & a box to take them home)

150g (5oz) carton (strawberry) yogurt

25g (1oz) margarine

50g (2 oz) chopped fresh or dried fruit

175g (6oz) self raising flour

2 eggs

(e.g. raspberries blueberries, dried apricots)

150g (5oz) sugar

Cheese straws – Recipe ('Production Plan')

REMEMBER: You are being marked on your ability to follow the recipe ('production plan') on your own, as well as making 12 even sized biscuits. You also need to get all your equipment and surfaces clean, dry and then checked before your biscuits will be marked.

Method (stages in production):	Safety, hygiene & quality checks
1. Wash hands, put on apron, tie back hair.	Wash hands thoroughly, make sure clothing is clean and long hair tied back
2. Preheat the oven 200°C and grease a baking tray.	Wait until oven has reached correct temperature before baking biscuits.
3. Beat the butter or margarine until very soft and stir in the grated cheese.	Butter or margarine must be very soft and 'creamy' before adding cheese. Remember to grate the cheese!
4. Add the flour and paprika and work into a dough by squeezing with your hands.	Keep squeezing dough between fingers until it holds together (can take 4 or 5 minutes!)
5. Flour the work surface and roll out the dough until it is 1cm thick.	Roll out to a rectangle (14 x 12cm approximately)
6. Cut into 12 EVEN SIZED STRIPS, brush with water and sprinkle on the sesame seeds	IF TIME, TRIM THE EDGES FIRST AND THEN CUT -this will give a neater overall appearance
7. Place on baking tray and bake for 14-16 minutes until golden and crisp.	Use oven gloves & open door fully. Turn tray round after 10 minutes and bake until all biscuits are the same colour
8. Carefully place on cooling rack using a pallet knife	Allow to cool on tray for a couple of minutes.

(To **wash the baking tray**, take the bowl out of the sink, put the plug in and fill it with 7 – 10cm warm soapy water. Place tray in **USE OVEN GLOVES** and allow to soak before scrubbing with a green scouring cloth.)

Fruity Yogurt Cupcakes

150g (5oz) carton (strawberry) yogurt

175g (6oz) self raising flour

150g (5oz) sugar

25g (1oz) margarine

2 eggs

50g (2 oz) chopped fresh or dried fruit (e.g. raspberries blueberries, apricots)

You will also need 12 CUPCAKE /MUFFIN CASES & BOX TO TAKE THEM HOME!!

Method

- 1. Preheat oven to 180 C. Put paper cases into cup cake / muffin tin.**
- 2. Put margarine in a small saucepan and melt over a gentle heat (hob 6)- do not allow margarine to start to bubble! Remove pan from heat.**
- 3. Beat eggs in a large mixing bowl then add yogurt, flour, sugar and melted margarine. Beat together until smooth.**
- 4. Stir in chopped fruit and carefully spoon into cake cases. (If mixture is very runny, pour it into a large jug and use that to transfer it into cake cases.)**
- 5. Bake at 180 C – Mark 6 for 20 - 25 minutes.**
- 6. Allow to cool slightly then transfer to a cooling rack (remember to partly fill sink with warm soapy water ready to soak & then clean baking tray!).**