



Mark Rutherford School
SPECIALIST ARTS COLLEGE

Recipe Booklet:

Module 2 - The Great British Bake Off



Name:

Group/Teacher:



Practical Lesson Dates

Practical 1 - Stem Gingernuts

Date: _____

Special Notes: _____

Practical 2 - Luxury Rock Cakes

Date: _____

Special Notes: _____

Practical 3 - Jam Tarts

Date: _____

Special Notes: _____

Practical 4 - Sausage Rolls

Date: _____

Special Notes: _____

Practical 5 - Savoury Muffins

Date: _____

Special Notes: _____

Practical 6 - Sweet or Savoury Great British Dish

Date: _____

Special Notes: _____

Practical 7 - Focaccia Bread

Date: _____

Special Notes: _____



Practical 1: Stem Gingernuts

(Makes 12)

Ingredients:

175g self-raising flour	40g golden syrup
½tbsp ground ginger	1 egg (beaten)
½tsp bicarbonate of soda	15g stem ginger (drained and finely chopped)
100g caster sugar	60g unsalted butter

Method:

1. Preheat the oven to 170°C/gas mark 3.
2. Line one baking tray with parchment paper.
3. Gently melt the butter with the syrup in a pan over a low heat and set aside until barely warm.
4. Beat the egg in bowl.
5. Finely chop the stem ginger.
6. Sift the flour, ground ginger, bicarbonate of soda and sugar into a mixing bowl.
7. Pour the butter and syrup mixture into the bowl of flour and the other dried ingredients.
8. Add the beaten egg and stem ginger, mix with a wooden spoon.
9. When all the ingredients are combined, roll the mixture into 24 walnut-sized balls using your hands.
10. Arrange onto prepared baking sheet, spacing them apart to allow for spreading.
11. Bake in the oven for 15 - 20 minutes until golden brown.

Leave the biscuits to cool on the baking tray for a couple of minutes before transferring to a wire rack.
Store in an airtight container.





Practical 2: Luxury Rock Cakes (Makes 10)

Ingredients:

225g self-raising flour	1 egg
½tsp ground mixed spice	2tbsp. milk
85g unsalted butter (chilled)	1tbsp Demerara sugar (for sprinkling)
85g golden granulated sugar	100g mixed dried fruit

Method:

1. Preheat the oven to 200°c/gas mark 6.
2. Line a baking tray with parchment paper.
3. Dice the chilled butter.
4. Sift the flour and mixed spice into a mixing bowl.
5. Add the diced butter and rub into the flour until the mixture looks like fine breadcrumbs.
6. Stir in the sugar and dried fruit using a wood spoon.
7. In a separate bowl, lightly beat the egg with the milk until combined.
8. Stir the milk and egg into the fruit mixture to bind to a very firm, stiff dough (the dough must hold its shape).
9. Divide the dough into 10 equal amounts and spoon onto the baking tray so they look like rocks!
Ensure they are spaced well apart.
10. Sprinkle with Demerara sugar.
11. Bake in the oven for 12 - 15 minutes or until the cakes are golden brown and firm to the touch.

Transfer to a wire rack and leave to cool.

Eat warm or at room temperature on the same day.





Practical 3: Jam Tarts

(Makes 12)

Ingredients:

200g plain flour
6 tbsp. good quality jam
Pinch of salt
1 tsp caster sugar
125g unsalted butter (chilled)
2tbsp ice-cold water

Method:

1. Preheat the oven to 180°C/gas mark 4.
2. Sieve the flour, salt and sugar into a mixing bowl.
3. Dice the butter and add to the flour.
4. Rub the butter into the flour using the tips of your fingers until the mixture looks like fine breadcrumbs.
5. Using a palette knife stir in the ice-cold water to bind the ingredients together to make a firm dough. ***If the mixture is dry and crumbly add more water a teaspoon at a time.***
6. Grease a 12 hole bun tray with butter and collect a round fluted cutter (about 7.5cm in diameter).
7. Roll out the pastry onto a lightly floured work surface into a rectangle about 3mm thick (aim to make it the size of your bun tray).
8. Dip your cutter in flour and then cut out the circles of pastry.
9. Place the pastry into the holes of the bun tray and gently press down.
10. Put a rounded teaspoon of jam into the middle of each one. If you have time you could use the leftover pastry to decorate the top of your jam tarts.
11. Bake in the oven for 15 - 20 minutes until the pastry is light golden brown.

Leave the biscuits to cool for 5 minutes before transferring to a wire rack.

Leave to cool completely before eating as the hot jam will burn.





Practical 4: Sausage Rolls

(Makes 20)

Ingredients:

375g shop bought puff pastry

1 egg (beaten)

450g good quality sausage meat, or sausages (skins will need removing)

Method:

1. Preheat the oven to 225°C/gas mark 7.
2. Line one baking tray with parchment paper.
3. Beat the egg into a small bowl.
4. Roll out the pastry onto a lightly floured work surface to a rectangle approximately 46 x 24cm.
5. Cut the pastry in half along its length to make two long rectangles - take care not to drag the knife as this will distort the edge of the pastry.
6. Use your hands to mould the sausage meat into two long rolls, approximately 3cm thick, and to the length of your pastry strips. If you have sausages then you will need to remove the skins and mould the meat together first.
7. Place the sausage meat onto the pastry down the centre.
8. Brush the long edges of the pastry with the beaten egg.
9. Fold the pastry over the sausage meat to cover it, pressing both edges together so they meet neatly.
10. Brush the top of the pastry with the remainder of the beaten egg.
11. Use the tip of a knife to score the top of the pastry before cutting into lengths of approximately 6cm.
12. Transfer the sausage rolls onto the baking tray and bake for 15 - 20 minutes until a good golden brown.

Transfer to a wire rack and leave to cool.

Serve warm.





Practical 5: Savoury Muffins

(Makes 6)

Ingredients:

150g self-raising flour

30ml vegetable oil

100ml milk

1 egg

Savoury flavourings of your choice

Method:

1. Preheat the oven to 200°C/gas mark 6.
2. Place the muffin cases into the muffin tin.
3. Prepare your savoury ingredients.
4. Put all of the ingredients into a large mixing bowl.
5. Use a wooden spoon to mix the ingredients together - do not over mix as lumps in the mixture give the muffins their character!
6. Divide the mixture between the muffin cases - aim to fill so the mixture is in line with the top of the muffin tin.
7. Bake in the oven for 25 minutes until risen and golden brown.

Remove from the muffin tin and transfer to a wire rack.

Store in an airtight container.





Practical 7: Focaccia Bread

(Makes 1 small loaf)

Ingredients:

200g strong plain	½ tsp salt
1tsp easy blend yeast	120ml warm water
1tbsp vegetable oil	Topping ingredients of your choice

Method:

1. Preheat the oven to 220°C/gas mark 8.
2. Grease, using oil, one Victoria sandwich tin.
3. Mix the flour, salt and yeast in a bowl.
4. Make a well in the flour before pouring the warm water in.
5. Mix with a wooden spoon before using your hands to form a dough.
6. Knead until the dough is smooth and pliable - this will take between 5 - 10 minutes.
7. Lightly oil the mixing bowl and return the dough to this. Place in a warm place to allow the dough to rise.
8. Prepare your topping ingredients and wash up whilst you are waiting for the dough to rise.
9. Place the dough into the tin and press into place using the handle of a wooden spoon.
10. Sprinkle your chosen toppings over each dough before sprinkling with a little oil.
11. Bake in the oven for 10 - 15 minutes until the edges and the base are a good golden brown.

Leave the focaccia bread to cool for a few minutes before transferring to a wire rack.

Eat warm.





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