



The Kibworth School

Food Preparation & Nutrition Department Home study Guidance

Last updated 12.3.20 by K. Freeman

Important and useful websites:

- Instructions for each year group are found over the next few pages.

Food teacher emails:

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Year 7

Activities

During the first research and practical of your new topic 'Creating food using flavours from around the world', you research, designed and made either a sweet or savoury muffin. Your activity is to bake some more muffins but opposite to the ones that you made during the lesson e.g. If you made a sweet muffin you should now make a savoury muffin and vice versa.

- Bake muffins
- Take a photograph
- Complete a star profile
- Write a couple of sentences to compare the sweet and savoury muffins that you have made – which one did you prefer?

World Muffins

Ingredients

155g self-raising flour

65g sugar or a pinch of salt if savoury

1 egg

2 tablespoons oil

1 teaspoon baking powder

125ml milk

75-100g chosen ingredients

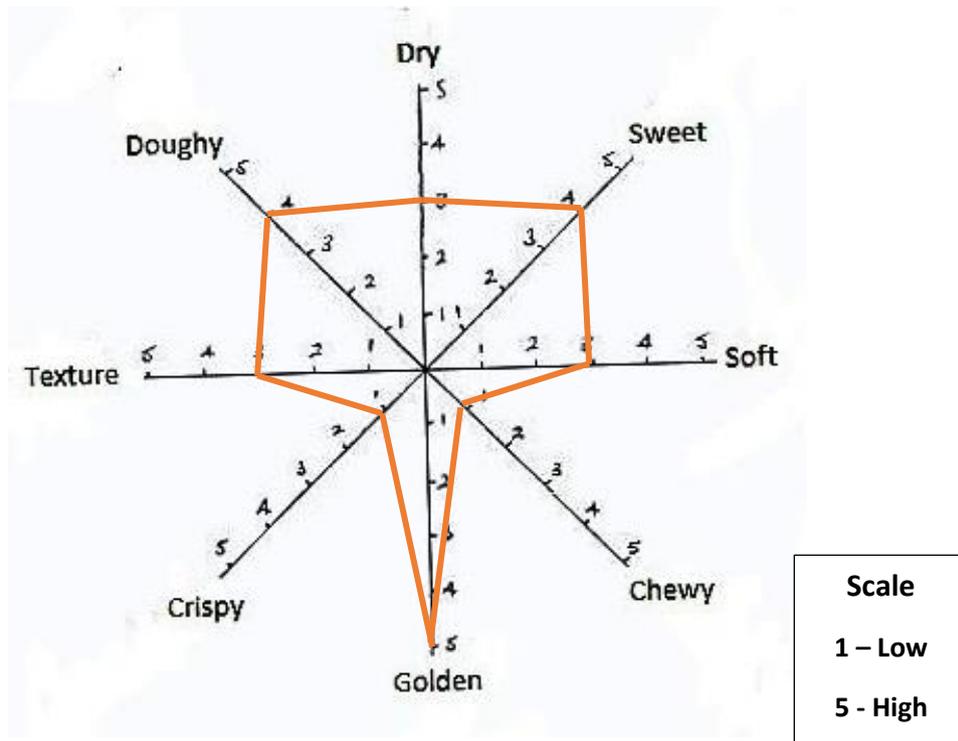


Savoury muffins = no sugar but a pinch of salt!

Method

1. Preheat the oven to 180°C / gas mark 4
2. Chop/prepare filling ingredients to chocolate chip size before doing any measuring.
3. Weigh flour, baking powder and sugar in a large bowl and stir with a wooden spoon.
4. In a jug measure the milk and crack your egg in to the milk. Whisk with a fork until it has turned yellow
5. Add the oil to the egg & milk mixture then pour in to the bowl with the dry ingredients.
6. Fold for 30 seconds
7. Add prepared ingredients to the glass bowl, fold gently. Check the mixture to see if it has the correct consistency or needs correcting.
8. Put cases in muffin tins and add mixture one tablespoon at a time until all mixture is gone.
9. Bake in the oven 25-30 mins until golden brown, place muffins on a cooling rack out of the HOT tin and tidy up.

Sweet Muffin Star Profile: Lemon Drizzle Cake - British



Year 8

Activities

During the module that you are currently studying, you are learning a variety of new skills to 'top up' what you have previously learnt in year 7 and at the start of year 8. The most recent knowledge you have gained is the functions of the ingredients used to make different types of pastry. Your activity is to explore choux pastry by making profiteroles.

- Make profiteroles
- Take a photograph
- Complete a star profile

Profiteroles

Ingredients

50g butter (preferably unsalted), cut into cubes
2 tbsp caster sugar
75g plain flour, sifted with a pinch of salt
2 eggs
300ml double cream
A few drops of vanilla extract

For the sauce

50g cocoa powder
175g caster sugar



Method

1. Heat the oven to 220C/200C fan/gas 7.
 2. To make the profiteroles, put the butter and 2 tsp of the caster sugar in a saucepan with 150ml water. Place the pan over a low heat until the butter and sugar have melted, then bring to the boil. Take off the heat, add the flour all at once and beat energetically with a wooden spoon until the dough comes away from the sides of the pan.
 3. Leave to cool for 5mins, then beat in the eggs bit by bit until you have a stiff, glossy mixture (this process is much easier in a food processor).
 4. Rinse two baking trays with cold water, shaking off any excess so they are slightly damp (this helps the pastry to rise). Using 2 teaspoons, spoon blobs of the mixture onto the baking trays.
 5. Place in the oven and cook for about 18-20mins until well risen and brown. Remove the profiteroles from the oven and cut a small slit in the base of each one so they don't collapse. Cool on a wire rack.
 6. When they're cold, whip the cream lightly until just holding its shape. Sweeten to taste with remaining sugar and a few drops of vanilla extract.
 7. Cut the profiteroles in half, fill them with the sweetened cream and pile them up on a plate. You can refrigerate them for 1-2 hrs at this point but not for any longer as the pastry will go soggy.
 8. To make the sauce, sift the cocoa powder into a bowl. Put the sugar in a pan with 100ml water and warm over a low heat until dissolved. Bring to the boil, cook for 1 min, then pour over the cocoa powder and stir well until smooth. Return the sauce to the pan, cook for 1 min then set aside for 15mins before drizzling over the profiteroles.
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