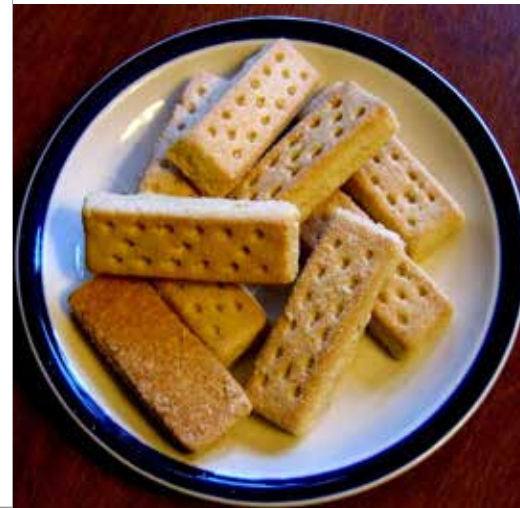




Get Set Bake



Flora Mae Lodge



Thank you...

Thea
Tanya (mum)
Tom (dad)
Stephen (grandad)
Clare Ford





Get Set Bake



Flora Mae Lodge



Facilitated by Clare Ford at the Switched On Academy

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Get Set Bake

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Cookies, Flapjacks and Biscuits



Chocolate Chip Cookies
Flapjacks
Butter Biscuits
Shortbread





Makes: 30 | Prep: 15 mins | Cook: 10 mins

Ingredients

- 150g **softened unsalted** butter
- 50g light brown sugar
- 50g caster sugar
- 2 tsp vanilla extract
- 1 large egg
- 225g plain white flour
- ½ tsp bicarbonate of soda
- ¼ tsp salt (5 grinds)
- 200g plain chocolate chips or chunks

Equipment

- Two baking trays
- Non-stick baking paper
- Large mixing bowl
- Electric whisk
- Wooden spoon
- Oven gloves
- Cooling rack

Chocolate Chip Cookies

By BBC Good Food

Method

1. Heat the oven to 190°C/170°C fan.
2. Line two baking trays with non-stick baking paper.
3. Put the butter, light brown sugar and caster sugar into a large mixing bowl and beat, with electric whisk, until **creamy**.
4. Beat in the vanilla extract and large egg.
5. **Sift** the flour, bicarbonate of soda and salt into the bowl and mix with a wooden spoon.
6. Add the chocolate chips or chunks and stir well.
7. Bake for 8-10 mins until they are light brown on the edges and still slightly soft in the centre if you press them. (They will continue to cook from their own heat.)
8. Leave to cool on a cooling rack.
9. Enjoy!



Makes: 12-16 | Prep: 15 mins | Cook: 15 mins

Ingredients

- 250g **jumbo** porridge oats
- 125g light brown sugar
- 125g **softened unsalted** butter
- 2-3 tbsp golden syrup
- Butter for greasing the tin

Equipment

- 20cm square baking tin
- Large mixing bowl
- Electric whisk
- Wooden spoon
- Knife
- Oven gloves
- Cooling rack
- Fish slice

Flapjacks

By BBC Good Food

Method

1. Heat the oven to 200°C/180°C fan.
2. **Grease** a 20cm square baking tin with butter.
3. Put the butter and light brown sugar into a large mixing bowl and beat, with electric whisk, until **creamy**.
4. Add the jumbo porridge oats and golden syrup. Continue to whisk until all is mixed, but not too much, otherwise the porridge oats will get all chopped up.
5. Spoon the mixture into the pre-greased baking tin. Using the back of the spoon level the mixture out, making sure it's right into the corners.
6. Cook for 15 mins until golden brown.
7. **Cut** into twelve or sixteen equal pieces and leave in the tin for 10 mins.
8. Transfer the individual flapjacks onto a cooling rack with a fish slice.
9. Enjoy!

Note: During step 4, at the same time as adding the oats, you can also add all sorts of nuts, chopped fruits and seeds to the mixture.





Makes: 50-60 | Prep: 15 mins | Cook: 15 mins

Ingredients

- 175g **softened unsalted** butter
- 200g caster sugar
- 1 tsp vanilla extract
- 2 large eggs
- 400g plain white flour
- 1 tsp baking powder
- 1 tsp salt (20 grinds)
- Extra flour for dusting the surface

Equipment

- Two baking trays
- Non-stick baking paper
- Large mixing bowl
- Electric whisk
- Wooden spoon
- Oven gloves
- Cooling rack

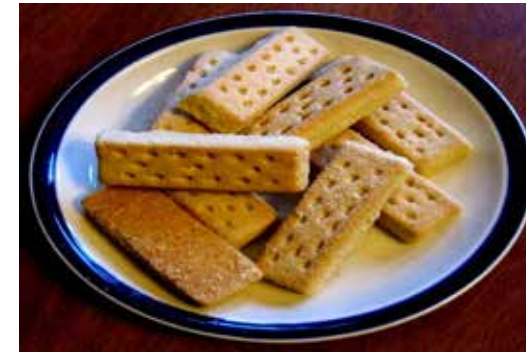
Butter Biscuits

By Nigella Lawson

Method

1. Heat the oven to 180°C/160°C fan.
2. Line two baking trays with non-stick baking paper.
3. Put the butter and sugar into a large mixing bowl and beat, with electric whisk, until **creamy**.
4. Beat in the vanilla extract and eggs.
5. **Sift** the flour, baking powder and salt into the bowl and mix **gently** with a wooden spoon. (If the mixture is too sticky to be rolled out, add a **little** more flour.)
6. Sprinkle some flour onto a clean surface and roll out the mixture until it's about ½cm thick.
7. Cut out the biscuits in your desired shape(s) and lay them spaced out on the two baking trays.
8. Bake for 8-12 mins until they are lightly golden around the edges.
9. Leave to cool on a cooling rack.
10. Enjoy!

Note: Between steps 5 and 6 it's best to leave the mixture in the fridge for an hour.



Makes: 20 | Prep: 15 mins (plus 20 mins chilling time) | Cook: 15-20 mins

Ingredients

- 150g plain white flour
- 100g **cool unsalted** butter
- 50g caster sugar
- ¼ tsp salt (3 grinds)
- 1 tbsp caster sugar for sprinkling
- Flour for dusting the surface

Equipment

- Sharp knife
- Large mixing bowl
- Electric whisk
- Rolling pin
- Fork
- Food wrap or sandwich bag
- Baking tray
- Metal fish slice
- Oven gloves
- Cooling rack

Shortbread

By Delia Smith

Method

1. Chop the butter into smallish chunks and add it with the sugar to the bowl. Using the electric whisk, beat until **creamy**. Add the flour and, on the **lowest** speed, **gently** beat until a loose **crumb**. Push all of the breadcrumb mixture together until it becomes a dough, handling the mixture as little as possible.
2. Sprinkle some flour onto a clean surface and, using a rolling pin, **very** gently roll out the dough into a block that is 3.5-4cm high/thick, 15cm long and 9cm wide. If it crumbles slightly, just push it together again.
3. Wrap the block of dough in food wrap or a sandwich bag and chill it in the fridge for 20 mins. **Meanwhile** heat the oven to 170°C/150°C fan.
4. Take the dough out of the fridge and slice it into 20 biscuits (each 9cm long). Sprinkle some flour onto a baking tray and, spacing them out, place the biscuits on top. Use a fork to create imprints in their surface and sprinkle them with sugar.
5. Bake for 15-20 mins, until **just** starting to colour.
6. The shortbreads will be very soft and fragile. Leave to cool on the tray for 10 mins to harden and crisp. Remove the shortbreads from the tray using a metal fish slice and place them on the cooling rack.
7. Enjoy!

Note: Once the mixture resembles breadcrumbs, you can stir in the zest of 2 lemons or 1 orange.



Notes:



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Notes:



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Cakes

Sandwich Sponge Cake
Cake Variations





Makes: 1 | Prep: 15 mins | Cook: 20 mins

Ingredients

- 250g **unsalted** butter, or margarine, at **room** temperature
- 250g caster sugar
- 250g self-raising flour
- 4 eggs at **room** temperature
- 5 tbsp milk
- 1 tsp vanilla extract
- 2 tsp baking powder
- Spare butter for greasing tins

Equipment

- 2x20cm baking tins
- Non-stick baking paper
- Large mixing bowl
- (Sieve)
- Electric whisk
- Spoon
- Oven gloves
- Skewer
- Cooling rack
- Tea towel

Sandwich Sponge Cake

By Tanya

Method

1. Heat the oven to 190°C/170°C fan.
2. Line the bottom of 2x20cm baking tins with non-stick baking paper and grease the sides with butter.
3. Place all the ingredients into a large mixing bowl (sieve the flour if you think it's too lumpy).
4. Moving the electric whisk in a circular motion, beat the mixture until it's **well combined** with no lumps of butter or flour.
5. Gently place the mixture into the two pre-greased tins. With the back of a spoon, even and level out the mixture, while being **careful** not to lose any of the beaten in air.
6. As **quickly** as possible, place both tins in the middle of the oven and bake for 20 mins.
7. Take the cakes out and check if they're cooked. The cake is properly cooked when a skewer poked into it comes out clean and the top springs back when pushed **gently** with a finger (when undercooked it leaves a dent). Also it should be pulling away from the sides of the tin slightly.

Method Continued

8. If the cakes are not properly cooked, put them back in the oven for another 3 mins.
9. When done take them out and leave for **10** mins in their tins.
10. Take them out of their tins and place them on a cooling rack. Cover them with a tea towel and leave them to cool completely.
11. Time to ice with a filling and topping of your choice (see Icing).
12. Enjoy!

Note: This mixture can be used to make 24 cupcakes, by filling cupcake liners halfway with batter and adjusting the cooking time to approximately 15 mins.

Serving Option

Ingredients

- 150 thick strawberry jam
- Buttercream icing
- 2 tsp of icing sugar

Equipment

- Sieve
- Knife



Victoria Sponge

Method

For step 11.

- a) Using a knife spread the jam on the first layer of cake.
- b) Spread the buttercream icing on top of the jam being careful **not** to mix them together.
- c) Place the second layer on top of the first and dust the top with the icing sugar.





Cake Variations

By Tanya and Flora

Chocolate

Ingredients

- 60g cocoa powder

Method

During step 3.

- Substitute 60g of the flour for 60g of cocoa powder.

Coffee

Ingredients

- 1 tbsp instant coffee granules

Method

During step 3.

- Grind the coffee granules into powder in a pestle and mortar or coffee grinder.
- Add the coffee powder to the heap of ingredients.

Equipment

- Pestle and mortar or coffee grinder

Note: During step 3, you can also add 50g of chopped walnuts into mixture and at the end you can decorate the edge of the top of the cake with walnut halves.

Lemon

Ingredients

- 1 tbsp lemon juice
- Zest of one lemon

Method

During step 3.

- Substitute 1 tbsp of milk for 1 tbsp of lemon juice and add the zest of one lemon.



Cake Variations

By Tanya and Flora

Apple

Ingredients

- 200g grated apples
- 4 tsp cinnamon powder
- ¼ clove of grated nutmeg

Method

Between steps 4 and 5 (after beating the mixture).

- In a bowl mix the grated apples with the cinnamon powder and grated nutmeg.
- Add them to the mixture and **fold** in using a spoon.

Add approximately 10 mins to the cooking time.

Equipment

- Mixing bowl
- Spoon

Carrot and Orange

Ingredients

- 200g grated carrots
- Zest of 2 oranges
- 3 tsp cinnamon powder
- ¼ clove of grated nutmeg

Method

Between steps 4 and 5 (after beating the mixture).

- In a bowl mix the grated carrots with the zest of 2 oranges, cinnamon powder and grated nutmeg.
- Add them to the mixture and **fold** in using a spoon.

Add approximately 10 mins to the cooking time.

Equipment

- Mixing bowl
- Spoon



Notes:

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Icings



Glacé Icing

Glacé Icing Variations

Royal Icing

Royal Icing Variations

Buttercream Icing

Buttercream Icing Variations

Chocolate Fudge Icing

Fruit Compote





Glacé Icing

By Tanya and Flora

Description: An icing which works well as a thick glaze that drips slightly down the side of cakes.

Method

1. **Sieve** the icing sugar into the bowl.
2. Slowly add the water while stirring.
3. Continue stirring until you have a smooth, shiny paste.
4. Time to ice!

Note: **Carefully** trim any roundness off the top of the cake to make it flat and stop the icing from slipping off.

Ingredients

- 150g icing sugar
- 4 tsp warm water

Equipment

- Sieve
- Mixing bowl
- Spoon

Makes: covers a 20cm cake | Prep: 5 mins



Glacé Icing Variations

By Tanya and Flora

Chocolate

Ingredients

- 1 tbsp cocoa powder

Method

Between steps 1 and 2.

- a) Boil the warm water and dissolve the cocoa powder into it.
- b) Leave the hot water to cool until warm.

Coffee

Ingredients

- 1 tbsp coffee granules

Method

Between steps 1 and 2.

- a) Boil the warm water and dissolve the coffee granules into it.
- b) Leave the hot water to cool until warm.

Citrus

Ingredients

- 1 tsp lemon juice or 2 tsp orange juice
- Zest of 1 lemon or 1 orange

Method

During step 2.

- a) Replace 1 tsp of warm water with the lemon juice and add the zest of 1 lemon or replace 2 tsp of warm water with the orange juice and add the zest of 1 orange.





Makes: covers a 20cm cake | Prep: 10 mins

Royal Icing

By Tanya and Flora

Description: A stiffer icing than the glacé. Royal icing holds its shape and can be used for piping, it is also good for topping biscuits.

Method

1. **Carefully** separate the egg whites and add them to the bowl (do **not** allow any yolk in).
2. **Lightly** whisk the egg whites.
3. **Sift** in the icing sugar.
4. Carry on whisking until the icing is well combined, smooth and shiny.

Ingredients

- 1 egg
- 150g icing sugar

Equipment

- Mixing bowl
- Sieve
- Electric whisk



Royal Icing Variations

By Tanya and Flora

Chocolate

Ingredients

- 1 tbsp cocoa powder

Method

During step 3 (at the same time as sifting in the icing sugar).

- a) **Sift** in the cocoa powder.

Coffee

Ingredients

- 1 tbsp coffee granules

Equipment

- Pestle and mortar or coffee grinder
- Sieve if necessary

Method

Between steps 2 and 3.

- a) Grind the coffee granules, using the pestle and mortar or coffee grinder, into powder.
- b) **Mix** in the powdered coffee granules, sieving if necessary.

Citrus

Ingredients

- 2 drops of food grade lemon essential oil

Method

During step 3 (at the same time as sifting in the icing sugar).

- a) Add the food grade lemon essential oil.





Buttercream Icing

By Tanya and Flora

Description: Makes a thick, rich icing which is good for filling or as a luxurious topping.

Method

1. **Sieve** the icing sugar into the bowl.
2. Chop the butter into smallish chunks and add them to the bowl.
3. Whisk all together until **creamy**.
4. Add the vanilla essence and water to loosen and beat until smooth.
5. Time to ice!

Ingredients

- 50g **softened unsalted** butter
- 100g icing sugar
- ¼ tsp vanilla essence
- 2 tsp boiling water

Equipment

- Mixing bowl
- Sieve
- Knife
- Electric whisk



Buttercream Icing Variations

By Tanya and Flora

Chocolate

Ingredients

- 1 tbsp cocoa powder

Method

Between steps 3 and 4.

- a) Dissolve the cocoa powder into the boiling water.

Coffee

Ingredients

- 1 tbsp coffee granules

Method

Between steps 3 and 4.

- a) Dissolve the coffee granules into the boiling water.

Citrus

Ingredients

- 1 tsp lemon juice or 2 tsp orange juice
- Zest of 1 lemon or 1 orange

Method

During step 4.

- a) Replace 1 tsp of boiling water with the lemon juice and add the zest of 1 lemon or replace the boiling water entirely with the orange juice and add the zest of 1 orange.





Chocolate Fudge Icing

By Tanya and Flora

Method

1. Put the cream into the pan on a moderate heat.
2. **Sieve** in the icing sugar and cocoa powder and add the butter (and vanilla essence).
3. Stir until you have a **smooth** paste.
4. **Leave** for around 10 mins to cool and thicken.
5. Time to ice!

Note: Do **not** overheat or mix for too long or the chocolate will start to separate.

Makes: covers a 20cm cake (7 tbsp) | Prep and Cook: 7 mins (plus 10 mins cooling time)

Ingredients

- 50g icing sugar
- 100ml pourable double cream
- 25g **unsalted** butter
- 2 tbsp cocoa powder
- ¼ tsp vanilla essence (optional)

Equipment

- Sieve
- Saucepan
- Silicon spoon



Makes: covers a 20cm cake (10 tbsp) | Prep and Cook: 10–15 mins

Fruit Compote

By Flora

Method

1. Put the lemon juice and fruit into the pan on a high heat.
2. Wait for the fruit to start to defrost before **sifting** the icing sugar into the pan.
3. Stir well until all the sugar is gone.
4. Reduce until it thickens.
5. Push the sauce through a sieve with the back of a metal spoon to remove the seeds, if desired. (This makes 6 tbsp worth.)

Ingredients

- 200g frozen fruit
- 100g icing sugar
- 2 tsp lemon juice

Equipment

- Saucepan
- Silicon spoon
- Metal spoon
- (Sieve)



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Notes:

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Pancakes and Waffles



Pancakes
Fluffy Pancakes
Waffles
Waffle Variations





Makes: 15 | Prep: 10 mins | Cook: 1-2 mins per pancake

Ingredients

- 4 eggs
- 220g plain white flour (can substitute for buckwheat flour)
- 300ml milk
- 300ml water
- Oil or **unsalted** butter to lightly grease the frying pan

Equipment

- Large mixing bowl
- Whisk
- Sieve
- Ladle
- Spatula
- 10cm radius frying pan

Pancakes

By Flora

Method

1. **Sieve** the flour into the bowl.
2. Make a well in the centre and break in the eggs.
3. Add a little milk and whisk gently. Add the rest of the milk slowly and whisk until smooth.
4. Stir in the water and whisk until smooth.
5. If time allows, let the batter rest for 10 to 20 mins.
6. Heat the frying pan to a moderate temperature on the hob. When it begins to smoke add a drop of oil and swill it round the pan.
7. Pour in a ladle of mixture.
8. Cook until the edges begin to curl, brown and crisp. (Use the spatula to check.)
9. When it fits the description above, flip with the spatula.
10. Cook the other side until the underside starts to brown.
11. When done, repeat the cooking process, until you have the desired quantity of pancakes.
12. Enjoy!

Note: Any spare mixture can be stored in the fridge.



Makes: 20 | Prep: 5 mins | Cook: 5-6 mins per pancake

Ingredients

- 250ml yoghurt
- 120g plain white flour
- 1 tsp baking powder
- ¼ tsp bicarbonate of soda
- 2 eggs
- ⅛ tsp salt (3 grinds)
- 1 tbsp caster sugar (optional)
- Oil or **unsalted** butter to lightly grease the frying pan

Equipment

- Large mixing bowl
- Mixing bowl
- Fork
- Wooden spoon
- Tbsp
- Large frying pan
- Metal fish slice

Fluffy Pancakes

Based on a recipe by Sussex Pheasant

Method

1. In a large mixing bowl, use a fork to whisk together the yoghurt and eggs.
2. In a separate mixing bowl, combine the flour, (sugar,) salt, baking powder and bicarbonate of soda, using a wooden spoon.
3. Add the dry ingredients from the separate bowl into the main bowl and stir with a fork.
4. Heat the frying pan to a moderate temperature on the hob and add a small knob of butter or a small amount of oil.
5. Using a 'heaped' tbsp, spoon one dollop of batter for each pancake, into the frying pan. (To make larger pancakes use two dollops of the mixture which will make 10 fluffy pancakes.)
6. Let the pancakes cook until fluffed up, this takes about 2-3 mins.
7. Flip using a metal fish slice and cook for another 2-3 mins.
8. Using the metal fish slice, take them out and serve while nice and hot.
9. Enjoy!

Note: You can add lots of different things to this batter. For ideas see Waffle Variations.





Makes: 10 | Prep: 15 mins | Cook: 4–5 mins per waffle round

Ingredients

- 300g self-raising flour
- ½ tsp bicarbonate of soda
- 1 tsp baking powder
- ½ tsp salt (10 grinds)
- 1 tsp cinnamon powder
- 300ml milk
- 2 tbsp oil
- 2 large eggs
- 2 tsp cider vinegar
- 1 tbsp caster sugar (optional)
- ½ tsp vanilla extract (optional)
- A little **unsalted** butter or oil for greasing the waffle iron

Equipment

- Two large mixing bowls
- Spoon
- Electric whisk
- Waffle iron
- Heatproof spatula
- Non-stick fish slice
- Ladle
- Cooling rack

Waffles

By Tanya

Method

1. Place the flour, bicarbonate of soda, (sugar,) baking powder, salt and cinnamon powder into a large mixing bowl and give a quick stir with a spoon.
2. Place the milk, oil, (vanilla extract,) eggs and cider vinegar into a large mixing bowl and add the dry ingredients on top.
3. Mix all together, with an electric whisk, until smooth.
4. Leave the batter to rest for 5 mins before using.
5. Lightly oil the waffle iron, or grease with butter, and then pre-heat it.
6. When the iron is ready, ladle or pour approximately 300ml of the batter into the centre of the lower grid. Spread the batter using a heatproof spatula to the edges of the grid. Close the lid of the waffle iron.
7. When the waffles are done, open the lid and carefully remove the baked waffles with a non-stick fish slice.
8. Repeat with the remaining batter.
9. Enjoy!

Note: You can add lots of different things to this batter. For ideas see Waffle Variations.



Waffle Variations

By Tanya

Adding Mashed Ingredients to the Batter

Ingredients

Choose between or adjust quantities if picking more than one.

Option One

- 2 bananas and 1 tsp cinnamon powder

Option Two

- 2 stewed apples, 1 tsp cinnamon powder and a few grates of nutmeg

Option Three

- 400g cooked butternut squash or sweet potato, 1 tsp cinnamon powder and a few grates of nutmeg (and the zest of 1 orange)

Note: Quantities are given for Waffles. For Fluffy Pancakes divide quantities by two.

Equipment

- Bowl
- Fork
- Whisk

Method

Between steps 3 and 4.

Option One

- a) Using the fork, mash the bananas in the bowl. Add the mashed bananas and cinnamon to the mixture and whisk until smooth.

Option Two

- a) Using the fork, mash the stewed apples in the bowl. Add the mashed stewed apples, cinnamon and nutmeg to the mixture and whisk until smooth.

Option Three

- a) Using the fork, mash the cooked butternut squash or sweet potato in the bowl. Add the mashed sweet potato, cinnamon and nutmeg (and the zest of 1 orange) to the mixture and whisk until smooth.



Breads



Rock Cakes

Scones

Cheesy Soda Bread

Banana Bread

Banana Bread Variations

Bread





Makes: 10 | Prep: 15 mins | Cook: 12–14 mins

Ingredients

- 200g self-raising flour
- 1 tsp baking powder
- 100g **softened unsalted** butter
- 85g caster or light brown sugar
- 100g (12 tbsp) dried fruit, such as sultanas or chopped dates
- 1 egg
- 1 tsp milk
- 1 tsp vanilla essence
- 1 ¼ tsp mixed spice
- ½ tsp light brown sugar for sprinkling

Equipment

- A baking tray
- Non-stick baking paper
- Large mixing bowl
- Knife
- Spoon
- Fork
- Small bowl
- Oven gloves
- Cooling rack

Rock Cakes

Inspired by Stephen and BBC Good Food

Method

1. Heat the oven to 180°C/160°C fan.
2. Line a baking tray with non-stick baking paper.
3. Chop the butter into smallish chunks and add it and the flour, baking powder and 1 tsp of mixed spice into a large mixing bowl.
4. Rub the butter into the floury mixture until it forms fine crumbs.
5. Using a spoon, stir in the sugar and dried fruit.
6. In a separate bowl, beat the egg with a fork and add the milk and vanilla essence.
7. Stir the eggy mixture into the large bowl of dry ingredients, and mix together until it reaches a moist, sticky and fairly firm dough.
8. Spoon 10 **rough**, golf ball sized blobs of the mixture, **spaced** out, onto the baking sheet and, using a fork, rough the dough a little.
9. In a small bowl mix the light brown sugar and remaining mixed spice together and sprinkle over the cakes.
10. Bake for 12–14 mins until golden brown.
11. Leave to cool on a cooling rack.
12. Enjoy!



Makes: 10 | Prep: 15 mins | Cook: 10 mins

Ingredients

- 225g self-raising flour
- 1 tsp baking powder
- 50g **softened unsalted** butter
- 25g caster sugar
- 1 large egg
- Milk (approximately 80ml)
- Flour for dusting the surface

Equipment

- Two baking trays
- Non-stick baking paper
- Knife
- Large mixing bowl
- Spoon
- Measuring jug
- Fork
- Rolling pin
- Pastry brush
- Oven gloves
- Cooling rack

Scones

By Mary Berry

Method

1. Heat the oven to 220°C/200°C fan.
2. Line two baking trays with non-stick baking paper.
3. Chop the butter into smallish chunks and add it into a large mixing bowl, along with the flour and baking powder. Rub the butter into the floury mixture until it forms fine crumbs.
4. Using a spoon, stir in the sugar.
5. Crack the egg into a measuring jug and lightly beat with a fork. Add a little milk until the total liquid is 125ml.
6. Using a fork, stir in all but 1 tbsp of the liquid until the mixture becomes a soft dough.
7. Lightly dust a clean surface with flour. Place the mixture down and **very** lightly kneed before rolling it out, using a rolling pin, until it is 1.5cm thick. Cut out 10 scones using a round 6cm fluted cutter and place them, space out, onto the two baking trays.
8. Lightly brush the tops with the leftover 1 tbsp of milk and egg.
9. Bake for 10 mins until a pale golden brown.
10. Leave to cool on a cooling rack.
11. Enjoy!



Makes: 6 | Prep: 10 mins | Cook: 15 mins

Ingredients

- ½ pot yoghurt (approximately 220g)
- 250g plain white flour
- 1 egg
- 2 tsp Mustard powder
- 75g mature cheddar cheese
- 20g mature cheddar cheese for topping
- ⅛ tsp black pepper (3 grinds)
- ⅛ tsp salt (3 grinds)
- ½ tsp bicarbonate of soda
- **Unsalted** butter or oil for greasing the baking tray
- Flour to dust the baking tray

Equipment

- Large mixing bowl
- Knife or spatula
- Fork
- Grater
- Baking tray
- Oven gloves
- Cooling rack

Cheesy Soda Bread

By Tanya

Method

1. Heat the oven to 190°C/170°C fan.
2. In a large mixing bowl, lightly beat the egg with the fork and use the fork to mix together the egg, yoghurt, cheese, mustard powder, salt, pepper and bicarbonate of soda.
3. **Gently** fold / stir the flour in with a knife or flat spatula, until the mixture just comes together in a loose dough (do **not** overwork the mixture).
4. Sprinkle some flour onto a clean surface and transfer the dough onto it. Do **not** pat it down.
5. If needed, **gently pull** the dough to shape it. Cut the dough into 6 **rough** pieces with a sharp knife.
6. Grease and then dust a baking tray with butter, or oil, and flour. **Carefully**, transfer the soda breads onto the baking tray and top each piece with grated cheese.
7. Place the baking tray into the oven and cook for 15 mins.
8. Take the soda breads out of the oven and place on a cooling rack to cool.
9. Enjoy!



Makes: 1 | Prep: 15 mins | Cook: 60 mins

Ingredients

- 75g **softened unsalted** butter
- 75g light brown sugar
- 75g caster sugar
- 1 egg
- 225g self-raising flour
- ¼ tsp bicarbonate of soda
- ½ tsp salt (10 grinds)
- 1 tsp cinnamon powder
- 450g bananas (the riper the better)

Equipment

- Sieve
- Large mixing bowl
- Two small bowls
- Fork
- Wooden spoon
- Bread-maker
- Skewer
- Non-stick baking paper
- Oven Gloves
- Cooling rack

Banana Bread

By Panasonic Bread Maker

Method

1. **Sieve** the flour, salt, bicarbonate of soda and cinnamon powder into a bowl. Add the butter and rub it in with your fingers until it resembles fine breadcrumbs.
2. In a small mixing bowl, mash the bananas with a fork. In another, separate, small mixing bowl, beat the egg with a fork.
3. Add the mashed bananas, beaten egg and sugar into the large mixing bowl and mix well with a wooden spoon.
4. Remove the kneading blade from the bread tin and line the bottom with non-stick baking paper.
5. Place the mixture into the bread tin and select the “bake” mode on the bread-maker. Then enter 60 minutes on the timer and leave to bake.
6. After 60 minutes test with a skewer to see if the centre is cooked. If not, select the “bake” mode again and enter a further 5 mins on the timer.
7. Once the banana bread is cooked use the oven gloves to take the bread tin out of the bread-maker and leave to stand for 5 mins.
8. Remove the banana bread from the bread tin and leave to cool on a cooling rack.
9. Enjoy!



Banana Bread Variations

By Tom, Flora and Tanya

Caramelised Banana Topping

Ingredients

- 20g **unsalted** butter
- 1 tsp light brown sugar
- ½ tsp cinnamon powder
- 3 bananas (the riper the better)

Equipment

- Knife

Method

After step 4 (before adding the mixture to the bread tin).

- Chop the butter into smallish slithers and place half of it at the bottom of the bread tin.
- Sprinkle half the sugar and half the cinnamon on top.
- Slice the bananas in three, lengthways, and add a layer of them on top of the cinnamon and sugar.
- Add the remaining butter slithers on top of the layer of bananas.
- Sprinkle the remaining sugar and cinnamon over the butter.
- Add the last of the bananas in a layer covering the cinnamon and sugar.

Chocolate Chip

Ingredients

- 100-150g chocolate chips or chunks

Method

After step 3 and before step 4.

- Add the chocolate chips or chunks to the mixture and stir well.



Makes: 1 | Prep: 15 mins | Cook: 5 hours

Ingredients

- 1 tsp yeast
- 300g strong wholemeal flour
- 125g strong white flour
- 1 tbsp honey
- 15g **unsalted** butter or 1 tbsp olive oil
- 1 tsp salt (20 grinds)
- ¼ tsp vitamin C powder
- 340ml water

Equipment

- Bread-maker
- Oven Gloves
- Cooling rack

Bread

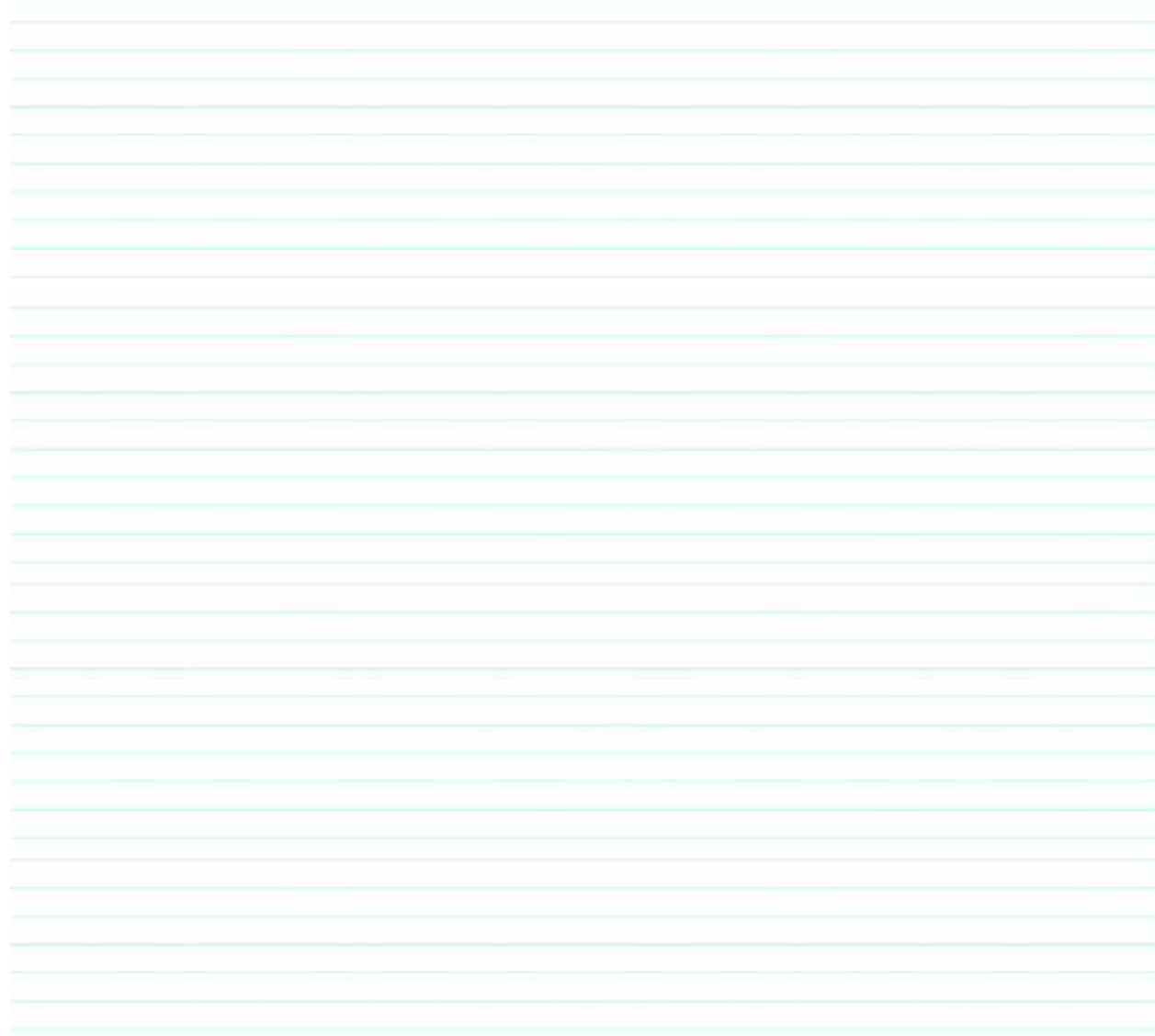
By Tom

Method

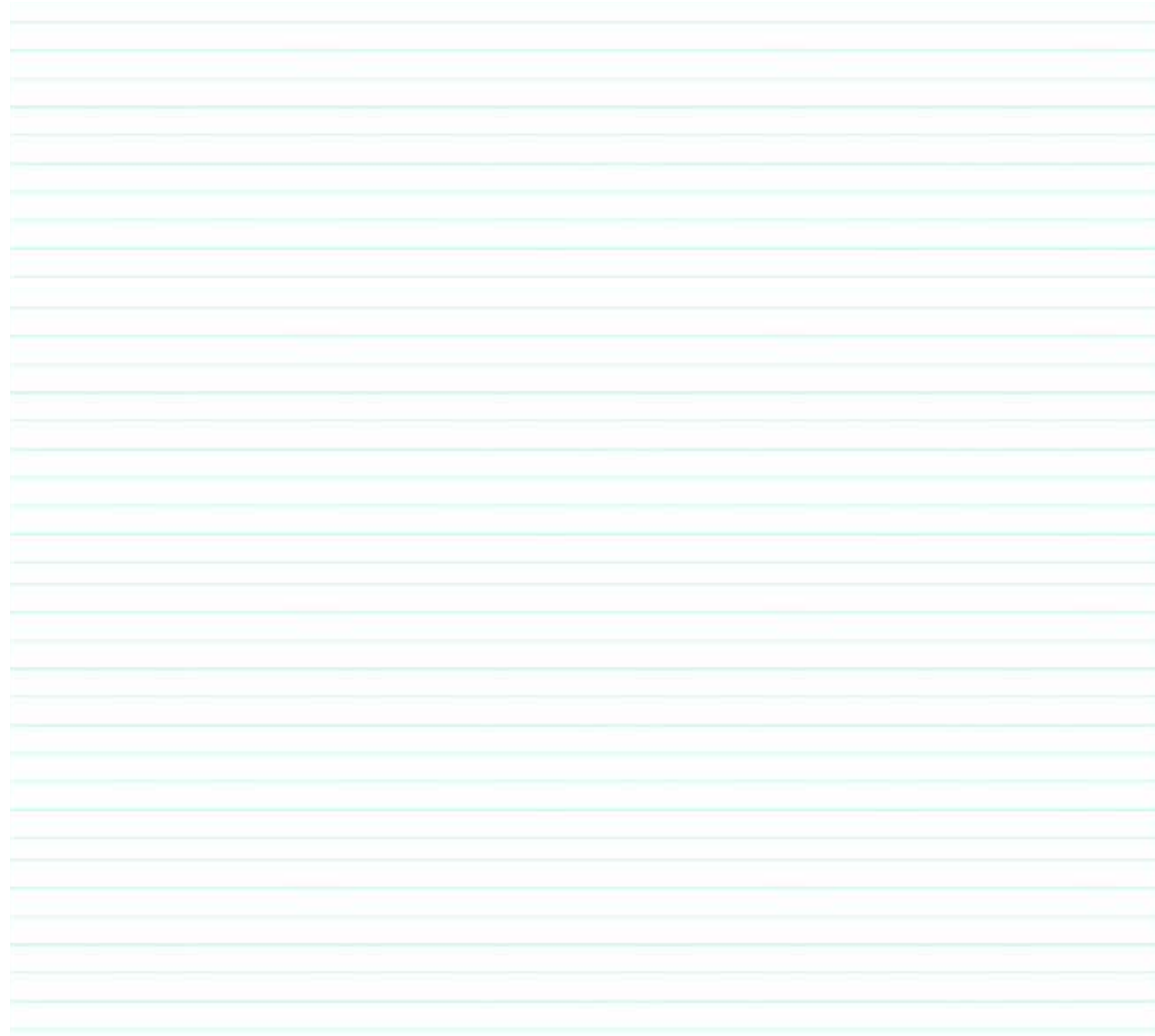
- Attach the kneading blade to the bread tin.
- Put the yeast directly into the bread tin.
- Now add the flour. (It's important to add the ingredients in this order, as the flour protects the yeast from immediately getting wet from the water.)
- Next, add all the rest of the ingredients, with the water last.
- Set the bread machine to "whole-wheat bake" mode, "medium" size.
- Press "start", setting the timer as required.
- When the bread-maker finishes, remove the tin from the bread maker, using oven gloves. Tip the bread out from the tin and leave to cool on a cooling rack.
- Enjoy!

Note: Use one and a half times the yeast on "rapid" or if the room is cold.

Notes:



Notes:



CONVERSION CHART

WEIGHT

1 oz = 28.35 g / 1 g = 0.035 oz
1 kg = 35 oz (2.2 lbs)

METRIC	IMPERIAL
30 g	1 oz
60 g	2 oz
85 g	3 oz
115 g	4 oz (1/4 lb)
140 g	5 oz
170 g	6 oz
200 g	7 oz
230 g	8 oz (1/2 lb)
250 g	9 oz
285 g	10 oz
450 g	16 oz (1 lb)
500 g	17 oz

LIQUID

1 cup = 250 ml / 1 fl oz = 28.5 ml
1 ml = 0.034 fl oz

METRIC	PINT	CUPS	FL OZ
100 ml			3 1/2
125 ml		1/2	4 1/2
150 ml	1/4		5
200 ml			7
250 ml		1	9
275 ml	1/2		10
300 ml			11
400 ml			14
500 ml		2	18
570 ml	1		20
750 ml		3	26
1 l	1 3/4	4	35

OVEN TEMPERATURE

F	225	250	275	300	325	350	375	400	425	450	475
C	110	130	140	150	170	180	190	200	220	230	240
Gas Mark	1/4	1/2	1	2	3	4	5	6	7	8	9



**Author
Flora Mae Lodge**

This project was co-ordinated and facilitated by Clare Ford, Founder of Switched ON! the global online academy which is re-defining education to unlock the writing brilliance in your child.

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