

Year 8 Rock Cakes

Lesson Objectives

- **Make good quality rock buns using rubbing in method**
- **Accurate weighing and measuring**
- **Safe use of oven**
- **Clean up thoroughly**

Ingredients

200g self-raising flour

75g butter or margarine

75g sugar

75g mixed dried fruit

1 egg



Equipment

Baking tray Sieve

Mixing bowl

Weighing scales

Table knife

Small bowl

Fork

Spoons

Cooling rack



Method

1. Preheat the oven to 220°C or gas mark 7.



3. Rub in the butter or margarine into the flour until it resembles breadcrumbs.



4. Stir in the sugar and dried fruit.



6. Make a well in the middle of the flour and carefully add the egg.



8. Using 2 spoons, divide the dough into 8 'rocks' and place on the baking tray.



9. Bake for 12 – 15 minutes, until golden brown.



Funky Fruit Rock Cakes

Ingredients

200g self-raising flour
75g butter or margarine
75g sugar
75g mixed dried fruit
1 egg

1. Preheat the oven to 220°C or gas mark 7.



3. Rub in the butter or margarine into the flour, using your finger tips, until it resembles breadcrumbs.



5. Whisk the egg lightly in a small bowl.



Equipment

Non-stick baking tray (lined), sieve, mixing bowl, weighing scales, palette knife, small bowl, fork, spoons, cooling rack.

2. Sieve the flour into the bowl.



4. Stir in the sugar and dried fruit, using a wooden spoon or knife.

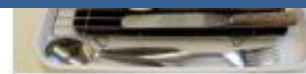


6. Make a well in the middle of the flour and carefully add the egg.



7. Mix to form a soft, yet firm dough.

8. Using 2 spoons, divide the dough into 8 'rocks' and place on the lined baking tray.



Making Rock Cakes Healthier

Rock cakes are already quite low in fat and sugar for a cake.... Draw a spider diagram showing how to add more NSP (FIBRE) to rock cakes at the bottom of the Rock Cakes worksheet.