

Name: _____

Rock Cake Recipe

Today we are going to be making a traditional Rock cake.

1. The ingredients are listed below, but some are missing, can you fill in the missing ingredients from the word bank?

Ingredients

100g _____ raising _____.
50g _____.
50g granulated _____.
1 small _ _ _ .

Word bank
Sugar
Margarine
Self
Flour Egg

2. Give an example of a protein from the ingredients in this recipe: _____

3. Why do we need protein? _____

4. Method

- i) Heat the o_ _ _ to 200°C/Gas mark 6.
- ii) Rub fat into f_ _ _ _ to resemble bread _____.
- iii) Stir in _____t and sugar
- iv) Beat _____
- v) Add enough egg to form a stiff d_ _ _ _.
- vi) Place 6 rough rounds on a greased _____ tray.
- vii) Bake 15 - 20 minutes till _____.

Crumbs, Oven, Flour, Fruit, Egg, Dough, Baking, Golden

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Sugar	Margarine
Self	Egg
Flour	

2. Give an example of a protein from the ingredients in this recipe: Any

3. Why do we need protein? Gives the body the energy it needs to grow and repair its self

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- i) Heat the oven to 200°C/Gas mark 6.
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Rock Cake Evaluation

List or draw the equipment that you used:

Time - Did you use it wisely? How did you share the tasks in your group? Did some things take longer than others and cause you to rush? Did anything else affect your time, e.g. distractions/mistakes? Please explain your answer.

How did you check your egg for freshness?

Draw below if the egg would float or sink if it was:

a) Off (stale)



b) Fresh (good to be used)



What happened to your mixture when you added the egg? Explain as best you can why you think this was.