

Bosworth Bake Off!!



In these strange times of working from home a little challenge for students, staff and families, that might be a bit of fun!

Recipes can be from your favourite website, cook book at home or the 'basic' ones added to this document.

Cooking is therapeutic and I'd love to share images of creations made by students, staff and family members at Bosworth Academy

If you have ingredients and would like to join in, please read on.

- The Bake Off is open to all students, staff and families.
- You do not have to take part every week; join in when you can.
- KS4 and KS5 students should work independently, but with permission from home..
- Staff should work independently unless you have little helping hands at home to entertain too!
- KS3 students may ask for help, for example when using the oven, and are allowed an extra 30 minutes per challenge.
- KS3 students must have some form of supervision – please **DO NOT** cook alone in the house.
- For each challenge judges will award a winner for the different categories, with Star Baker being the goal!!
- There will also be a category for people submitting products they are proud of that are not linked to the weekly challenge – (flexibility whilst we know getting hold of certain ingredients can be problematic).
- There will be prizes for the Star Baker each week.
- The competition is open to your families too.... Parents, guardians, siblings and children of staff - our Community!

The Rules...



Bake Off Entries and Administration



- The challenges and basic recipes are at the end of this slide show.
- Please email: bosworthbakeoff@bosworthacademy.org.uk with BOSWORTH BAKE OFF as the subject....include....
 - a photo of your entry, along with brief description of your dish.
 - Your name and year group, also include family members relationship to student/staff if not a member of staff or students of Bosworth.
- Entries will need to be sent by 5pm on Wednesday of each week.
- I will share be sharing the names and images of the winning entries with you all so that you can see the competition! By entering and sending me your entries, you give permission for this to happen via school email.
- Challenges have been included for the Easter holidays too!

Judging Criteria

Without being able to taste the dishes, judging will be based on; the range of skills demonstrated, creativity and the presentation of the final dish.



TOP TIPS....

Take photos whilst you are making your dish.

I will be sharing some of these images, so be mindful of what is in the background.

Choose a dish that you will be able to complete in the time given, but that allows you to demonstrate as many skills as possible.

Prizes

Each week the following will be announced in a picture gallery, and prizes for each week's Star Baker.

- Star Baker. (Overall winner)
- KS3 winner.
- KS4 winner.
- KS5 Winner.
- Staff Winner.
- Friends and Family Winner.
- Most creative dish.
- Best presentation.
- Best "Other" dish submitted.





FAQ?

- Recipes can be adapted to suit what's in your cupboards and fridges.
- If you have created a meal or product not listed and are proud of your achievement, send in a picture and we will judge those based on skills used and presentation 😊

Good luck!

Week	Challenge	Criteria	Deadline	Time
1	Pizza	Make a pizza using your own choice of homemade base eg bread dough, scone based, flatbread, home made pastry. etc...	8th April	1 hr 30 mins
2	Biscuits	Make a batch of 12 decorated biscuits which fits the theme of "Spring". Type of biscuit, shape and decoration is up to you!	15th April	1 hr 30 mins
3	Bread	Make a batch of 6 bread rolls. They must either use yeast, or bicarbonate of soda as a raising agent. The flavour and shape of bread is up to you! Who will be the most consistent in shape and most creative flavour?	22nd April	2 hrs
4	Cake	Any cake, any flavour, small or large, decorated or not. It's all up to you! Wow us!!	29th April	1 hr 30 mins
5	Final - Afternoon tea	Make 2 dishes that could be served at an afternoon tea. They must be different e.g. one cake, one pastry dish.	6th May	2 hrs

Week 1 - Pizza base Recipes (1)

No Yeast pizza base

350g flour 2, 3/4 tsp baking powder , 1 teaspoon (tsp) salt , 1 tablespoon (tbsp.) oil

Method: 1. Heat the oven to 200C/180C fan/gas 6.

2. Mix together 350g flour, 2 3/4 tsp baking powder and 1 tsp salt in a small bowl, add 1 tbsp oil and 170ml water then stir until it forms a ball. If stiff, add more water, it should be soft but not sticky.
3. Knead on a floured surface for 3-4 mins. Roll into 2 balls, then flatten out.
4. Add toppings and bake

Quick Pizza base dough:

400g plain flour, plus extra to dust , 1 x 7g sachet fast action dried yeast 1 tsp salt, 1 tsp caster sugar , 2 tbsp olive oil 1 tbsp. flour, semolina or polenta for rolling out

- Method:** 1. Preheat the oven to the hottest it will go (fan 220°C, gas 9) 2. Mix the flour, yeast, salt and sugar together in a mixing bowl.
3. Make a well in the centre and add the oil, then add about 225ml warm water to bring together as a dough.
 4. Tip onto a floured surface and knead for 1 minute, until smooth.
 5. Leave to rest under the upturned bowl while you prepare your pizza toppings.
 6. Divide dough in 2 and shape the pizzas! Roll out one ball at a time on a lightly floured surface, to about 25cm in diameter. Transfer to the tray before adding toppings!
 7. You can stretch and press the pizza dough with your fingertips until it is about 30cm diameter.
 8. Spread the pizzas with sauce of your choice and add your each on a baking sheet for 15 mins. toppings.
 9. Leave to rest for 10-15 minutes before baking, so that the dough starts to rise.
 10. Bake for 10-15 minutes until the base is golden and crisp.

Week 1 - Pizza base Recipes (2)

Easy flatbread base:

200g/7oz plain or wholemeal flour, 1/4 tsp salt, 100ml/3 1/2 fl oz warm water (cooled from kettle), 2 tbsp oil (olive, sunflower or vegetable), plus extra for cooking

Method: 1. Mix the water and flour together. (don't add the water all at once!)

2. Add the oil and knead the dough - you are aiming for a soft dough. If it is too sticky add a little more flour, if it is too dry add a splash of water. - Knead the dough for five minutes on a clean surface using one or two hands.

3. Breads can be cooked straight away or left to stand for about half

4. Divide the dough into four balls (big frying pan) or six if you have a smaller frying pan.

5. On a clean surface, roll each ball of dough one at a time using a rolling pin. If you pick up and move round the flatbread often you know it hasn't stuck. (You may need to sprinkle a little flour on the surface but only use a little - too much will dry out the dough.) Don't worry if they aren't perfect circles! 6. Heat a large frying pan. Take a sheet of kitchen paper and rub a little oil onto the surface of the pan (or spray with spray oil) Cook each flatbread for about two minutes on one side - it should puff up a little.

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7. Flip the flatbread over using tongs and then cook for a couple of minutes on the other side. The flatbread should have turned lighter in colour and may have a few spots of brown.

8. Place on a baking tray and add sauce and toppings of your choice and bake at 200°C/ gas 8 for 8-10 minutes.

Week 2 - Biscuit Recipes

Rubbing in Method - Basic recipe: This dough can be rolled and shaped with cutters and shouldn't spread. You can add flavourings like lemon and chocolate and could add things like dried fruit or chocolate chips.

Ingredients: 125g butter or margarine softened 70g caster sugar 1 egg yolk 1 tsp vanilla extract 150g plain flour -

Method: Preheat oven to 180c 1. Put the flour and butter or margarine (fat) into a bowl 2. Using fingertips, rub the fat into the dry ingredients to resemble breadcrumbs. 3. Stir in the sugar, egg yolk, vanilla extract and additional ingredients such as mini eggs. 4. Now use hands to work the mixture into a dough. (don't handle too much or the dough will become tough) 5. Lightly flour a work surface and roll out the dough to 5mm thick and cut out desired shapes. Alternatively, roll dough into balls and press with a fork to flatten. 6. Place shapes on a lightly greased baking tray. 7. Bake for 10- 12 minutes until golden brown at 180c

Creaming Method - Basic Cookie Recipe:

With this method, there is no guarantee of a consistent shape as the mixture

spreads in the oven. Other ingredients and flavourings can be added instead of choc

chips like mini eggs, sultanas, smarties etc.

Ingredients

75g Margarine or butter

150g Sugar

1 egg

150g Self raising flour

100g Chocolate chips

Method: Preheat oven to 180c 1. Put 75g margarine or butter and 150g of sugar into a MIXING BOWL and cream together with a WOODEN SPOON. 2. Stir in 1 egg. 3. SIEVE in 150g self raising flour & mix to a stiff dough. Add additional ingredients chosen. 4. Spoon evenly spaced spoonful's of mixture onto a lightly greased baking tray. 5. Put them in the oven using OVEN GLOVES. Bake them for 8-10 minutes.

Week 3 - Bread Recipe



Recipe

- 500g strong white flour, plus extra for dusting
- 1 tsp salt
- 1 x 7g sachets fast-action dried yeast
- 1 tsp caster sugar
- 75g extra ingredient

Method • Grease a large baking tray with oil.

- Sift the flour and salt into a large mixing bowl, then stir in the yeast and sugar, making sure the ingredients are well mixed.
- Make a well in the middle and gradually add 150ml warm water. Using a wooden spoon, mix to form a soft dough. Sprinkle a little flour onto a clean work surface and tip the dough out onto it.
- Knead the dough by pushing down into the middle to flatten and stretch it out, then folding it in half and pushing down into the centre again. Continue kneading the dough for around 10 mins until soft and smooth.
- Divide the dough into 4-6 pieces and roll gently to shape them into balls before placing them onto the baking tray.
- You can brush with milk or beaten egg to glaze them (seeds stick nicely to this too as a finishing technique)
- Place the tray of rolls into a cold oven. Now set the temperature to gas 7 / fan 200°C.
- When the oven is up to temperature. Bake the rolls for 20-30 mins until golden brown.

Week 4 - Cake Recipes

VICTORIA SPONGE/FAIRY CAKES

3 Eggs, 150g Self Raising Flour, 150g Caster Sugar, 150g Margarine...add flavours such as zest of a lemon, 1 - 2 tbsp of cocoa powder, a small amount of strong coffee....

METHOD

- Grease and line two baking tins with greaseproof paper.
- Weigh out all the ingredients into a mixing bowl.
- Whisk all the ingredients together until it is light and fluffy.
- Put an equal amount of the mixture into each of the tins, even out using a spatula. Or put into fairy cake cases.
- Cook the sponges at 180C for about 20-25 minutes until they are golden brown and springy to touch.
- Remove from the tins and leave to cool on a cooling rack.

SWISS ROLL

3 Eggs, 75g Caster Sugar, 75g Self Raising Flour, 3-4 Tbsp
Jam

METHOD Preheat oven to 180C

- Grease and line a swiss roll tray with greaseproof paper.
- Put the eggs and sugar into a clean mixing bowl and whisk with an electric whisk until doubled in size and pale in colour.
- Sieve the flour and fold into the mixture with a metal spoon, slowly, until it is completely blended in. Do not over mix as this knocks all the air out and the cake will not rise.
- Pour the mixture into the tin and bake at 180C until golden brown.
- Turn out onto a sheet of greaseproof paper sprinkled with caster sugar. Remove the tin and grease proof lining carefully.
- Spread with jam quickly and roll whilst still warm. Use the grease proof paper to help you roll the sponge.

Week 5 Afternoon Tea (1)

SHORTCRUST PASTRY

200g Plain Flour
Pinch of Salt
100g Butter
Cold Water

METHOD

1. Mix the flour and salt and butter in the fat in until it resembles breadcrumbs.
2. Add the water tablespoon at a time, using a knife to mix and form a stiff dough.
3. Turn out the dough onto a floured surface, knead lightly as use as required.

ROUGH PUFF PASTRY

Basic recipe to make 225g Rough Puff Pastry

225g Plain Flour
155g Butter
Pinch of Salt
Cold water to bind

METHOD

1. 1. Mix the flour and salt in a bowl. Mix the two fats together and add to the flour in small pieces.
2. 2. Stir in with a knife (do not rub in). Add a small amount of water tbsp at a time and mix to form a stiff dough.
3. 3. Roll out onto a floured surface in a narrow strip/
4. 4. Fold into three, give a quarter turn so one of the open ends is facing you and roll out again. Do this three more times.
5. 5. Cover the pastry and leave to rest for about 15 minutes, then roll into desired shape (do not scrunch up as this will ruin the layers).

Week 5 Afternoon Tea (2)

SCONES

200g Self Raising Flour ,50g Margarine/ Butter, 150ml Milk, pinch of Salt

Flavouring - 50g Sugar / 50g Dried Fruit & 25g Sugar /50g Cheese (grated)

METHOD

- Heat the oven to 220C/Gas 7 and grease a baking tray.
- Mix the flour and salt and rub in the margarine until it resembles breadcrumbs.
- Stir in the sugar/fruit/cheese etc.
- Pour in the milk, stirring it in, reserving a little for brushing the tops.
- Knead lightly on a floured surface and roll out to 1 cm thick and cut into rounds.
 - Re-roll the trimmings and cut more rounds. Place them onto a lightly greased baking tray.
- Brush the tops carefully with the remaining milk and bake for about 10-12 minutes.

Choux Pastry - For Chocolate Eclairs/Profiteroles

PASTRY 150ml Water, 50g Butter, Pinch of Salt, 65g Plain Flour, 2 Eggs, Beaten

FILLING 300ml Double Cream, Whipped - Flavour if you want to orange, raspberries **TOPPING** 150ml Double cream , 150g Chocolate, For Icing

METHOD

1. Put the water, butter and salt in a saucepan and heat gentle until the butter has melted. Bring to the boil, when bubbling vigorously remove from the heat.
2. Quickly beat in the flour all at once. Continue beating until all the mixture draws away from the sides and forms a ball. DO NOT OVERBEAT. Leave to cool slightly.
3. Beat in the eggs gradually until the pastry is smooth and glossy.
4. Put the mixture into a piping bag. Pipe onto a greased baking tray, either in fingers (4") or rounds.
5. Bake in the oven 200C/Gas 6 for 25-30 minutes until well risen and crisp.
6. Remove from the oven and make a slit along the sides. Leave to cool.
7. Whip the cream to fill.
8. For the topping melt the chocolate and cream together and cover the choux buns. Leave to set and serve.