

APPLICATION OF CULINARY SKILLS - PREPARATION OF CUPCAKES

Teacher's Guide

Learning objectives

By the end of this lesson students should be able to:

- list the basic culinary skills used in the preparation of carrot and orange cupcakes.
- identify the ingredients and equipment used in the preparation of carrot and orange cupcakes.
- apply basic culinary skills in the preparation of carrot and orange cupcakes.

8.1 Introduction

A **cupcake** is a small cake designed to serve one person. It is usually baked in a paper case or aluminium foil cup. Cupcakes are usually decorated with butter icing or whipped cream. Cupcake can be used for different occasions and can also be served as a snack or dessert.



Stimulus

The teacher can introduce the lesson through brainstorming and a class discussion.

Prompts:

- Ingredients used to make cupcakes
- Different cupcake flavours
- Occasions on which cupcakes can be served

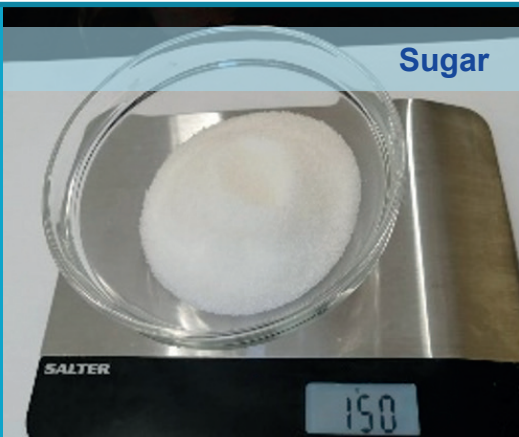
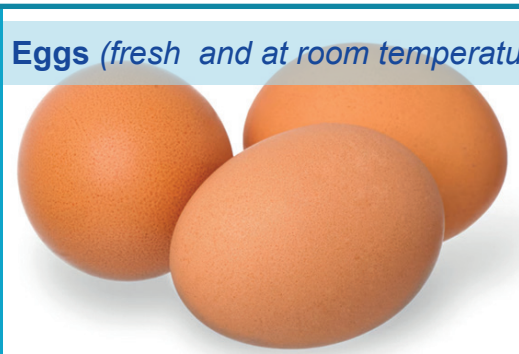
TEACHING POINT

Ingredients used in making cupcakes

- The **basic** ingredients used in making cupcakes are flour, sugar, fat and eggs.
- The **additional** ingredients used in making cupcakes are flavourings, nuts, fruits, vegetables, food colouring and liquids such as milk and juice.



The table below explains the function of the basic ingredients used in making cupcakes.

Ingredients		Function
(a)	 Self raising flour	It already contains baking powder. It gives a light texture and is easier to rise.
(b)	 Sugar	It gives a sweet flavour and improves texture. Caster sugar has small crystals which dissolve easily and cream well to give a smooth texture. Brown sugar gives a darker colour.
(c)	 Fat	Soft margarine creams well providing a smooth and light mixture.
(d)	 Eggs (fresh and at room temperature)	Eggs trap air and help to raise the cake.

The table below explains the function of the basic ingredients used in making cupcakes.

Ingredients	Function
(a) Flavourings <i>e.g: fruits, essence, chocolate, spices</i> 	To add different flavours to the cupcakes.
(b) Liquid <i>e.g: milk, water, orange juice, lemon juice</i> 	To adjust the thickness (consistency) of the cupcake mixture.
(c) Food colour 	To add colour to the cupcake mixture.
(d) Nuts 	Nuts add to the texture, flavour and nutritive value of the cupcakes.

Benefits of eating cupcakes

Quick source of energy as they are high in flour, sugar and fats

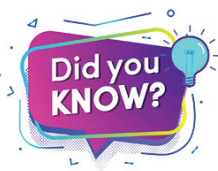
Simple and quick to prepare compared to large cakes which have a longer baking time

Available in a variety of flavours, some examples are vanilla, almond, blueberry and chocolate.

We can control how much we eat compared to larger cakes that require slicing.

Cupcake recipes can easily be modified to make them healthier, for example using wholemeal flour, carrots and nuts.





Cupcakes are popular throughout the world. They are often adapted to reflect the culture of the country where they are prepared.

- In the United Kingdom, cupcakes are known as fairy cakes. They are usually smaller and less sweet, topped with a light icing and decorative sprinkles.
- In Japan, cupcakes are often infused with matcha (green tea powder).
- In India, saffron (a spice) cupcakes are popular.



Below are some of the varieties of cupcakes





Activity 8.1: Practical

Recipe: Orange and carrot cupcakes

No of servings: 12

Preparation time: 20 minutes

Cooking temperature: 180°C

Shelf position: Middle shelf

Cooking time: 30 minutes

Ingredients	Quantity
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Margarine, soft	150 g
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Castor sugar	150 g
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Eggs	3
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Self-raising flour	200 g
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Carrot (finely grated)	100 g
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Orange juice	2 Tbsp
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Orange rind	1 Tsp
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Decorations:

- Sprinkles 3 Tbsp
- Strawberry Jam 2 Tbsp

Note:

- Paper cases 1



Orange and carrot cupcakes

Variations

- For vanilla and carrot cupcake: omit the orange juice and orange zest. Add 1 tsp vanilla essence instead.
- The cake can also be decorated with buttercream.

Equipment needed for the practical class

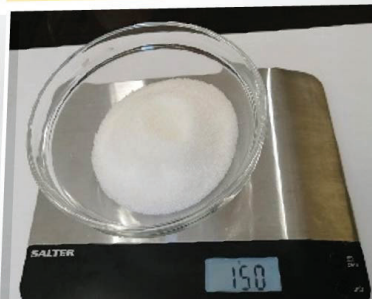
				
1 mixing bowl	1 teaspoon	2 tablespoons	1 electronic scale	1 set measuring spoons
				
1 plate	1 fork	1 butter knife	1 sieve	1 patty tin
				
2 small bowls	1 grater	1 scraper	1 pastry brush	1 squeezer
				
1 electric hand whisk	1 cooling rack	1 skewer	1 food cover	

Materials needed for the practical class

					
apron	hair net	dish towel	hand towel	1 pair oven gloves	12 - 15 paper cases

Step-by-step instructions

1



Weigh ingredients.

2



Line patty tins with paper cases.

3



Adjust shelf to middle position.
Preheat oven to 180°C for
5-10 minutes.

4



Sieve flour in a mixing bowl.

5



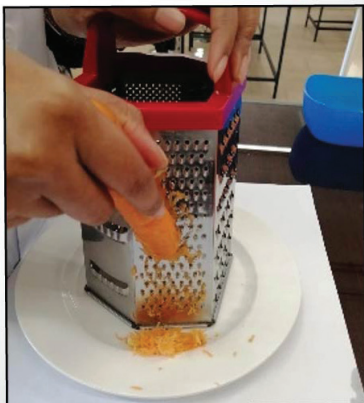
- Grate the orange to obtain the zest.
- Squeeze orange.

6



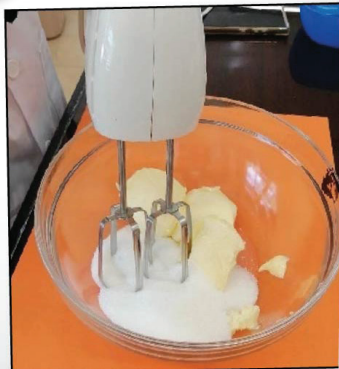
Top and tail and scrape the carrot.

7



Grate the carrot.

8



Cream margarine and sugar in a large mixing bowl until light and fluffy with an electric mixer.

9



Break one egg at a time in a small bowl. Add to the creamed mixture. Beat lightly.

10



Add 2 Tbsp of orange juice.

11



Fold in flour with a metal spoon.

12



- Add grated carrots and 1 tsp of orange zest.
- Mix well.

13



Spoon the mixture to 2/3 level of the paper cases.

14



Bake cupcakes until well risen and with a light golden-brown colour. Use a skewer to test if the cupcakes are ready. The cake is baked when the skewer comes out clean.

15



Transfer on a cooling rack for cooling. Add 2 Tbsp of jam in a bowl and beat with a tablespoon. Glaze the cupcakes with the jam using a pastry brush.

16



Sprinkle some coloured sprinkles on the cupcakes.

17



Your cupcakes are ready!



Activity 8.2 : Cupcakes

Now that you have prepared your cupcakes, you can attempt the following questions:

a. Which electrical appliance was used in the preparation of cake mixture?

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b. How long should you preheat the oven?

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c. How will you test if the cupcakes are done?

.....

d. Name the ingredients used to decorate the cupcakes.

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e. Name 4 pieces of equipment that are needed to prepare the cupcake.

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