

# 7 LESSON

## VANILLA CAKE

*Teacher's  
Guide*

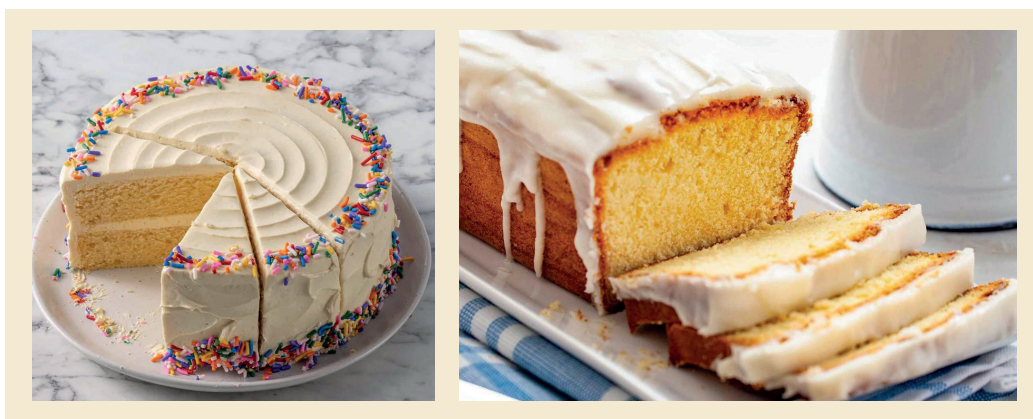
### Learning Outcomes

At the end of this lesson you will be able to:

- list the ingredients used for making a vanilla cake.
- identify the equipment used in the preparation of a vanilla cake.
- demonstrate skills and understanding in the preparation of a vanilla cake.

### Introduction

A vanilla cake is a versatile and classic cake that can be used for various occasions such as birthdays and weddings. The vanilla cake has a soft and tender crumb which makes it suitable to be eaten on its own or it can also be paired with different frostings and fillings. It is appropriate to be served for teatime.



The creaming method can be used for the preparation of vanilla cake. It is the process of creaming fat with sugar until a soft thick, fluffy and pale cream mixture is obtained. A wooden spoon or an electric hand mixer can be used for creaming fat and sugar.



## Recipe for vanilla cake

No of servings: 4-5

Baking time: 25-30 minutes

Baking temperature: 180 °C

### Ingredients

### Quantity

|                    |        |
|--------------------|--------|
| Self-raising flour | 100 g  |
| Sugar              | 100 g  |
| Margarine          | 100 g  |
| Eggs               | 2      |
| Vanilla essence    | 1 Tbsp |

### For vanilla glaze:

|                 |          |
|-----------------|----------|
| Icing sugar     | 1 cup    |
| Milk            | 2-3 Tbsp |
| Vanilla essence | ½ tsp    |
| Sprinkles       | 1 Tbsp   |



### Equipment needed for the practical class



1 mixing bowl



1 teaspoon



2 tablespoons



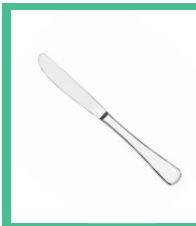
1 electronic scale



1 set measuring spoons



1 fork



1 butter knife



2 plates



1 cake tin



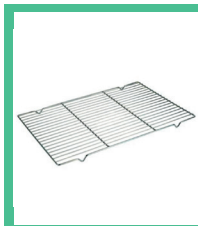
1 pastry brush



3 small bowls



1 skewer



1 cooling rack



1 wooden spoon



1 set measuring cups



1 electric whisk



1 sieve

### Materials needed for the practical class



apron



hair net



dish towel



hand towel



1 pair oven gloves



## Method

### step 1

Grease and line a cake bar tin with margarine.



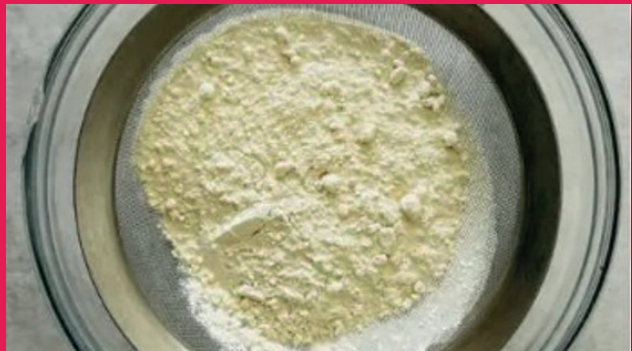
### step 2

Preheat the oven at 180°C. Place the oven shelf at the centre.



### step 3

Sieve flour in a large mixing bowl.



### step 4

Cream margarine and sugar in a large mixing bowl using an electric mixer or wooden spoon until a light and fluffy mixture is obtained.



## step 5

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



## step 6

Add vanilla essence. Mix.



## step 7

Fold in flour with a metal spoon.



## step 8

Pour mixture in the greased and lined loaf tin.



## step 9

Bake at 180 °C for 25-30 minutes until well-risen with a light golden-brown colour.



## step 10

Use a skewer to test if the cake is ready.



## step 11

Remove cake from oven.  
Transfer on a rack for cooling.



## step 12

Prepare vanilla glaze by mixing icing sugar, milk and vanilla essence.





## step 13

Pour the glaze on the cake. Add some sprinkles.



## step 14

Serve the vanilla cake on a doily paper in a plate.

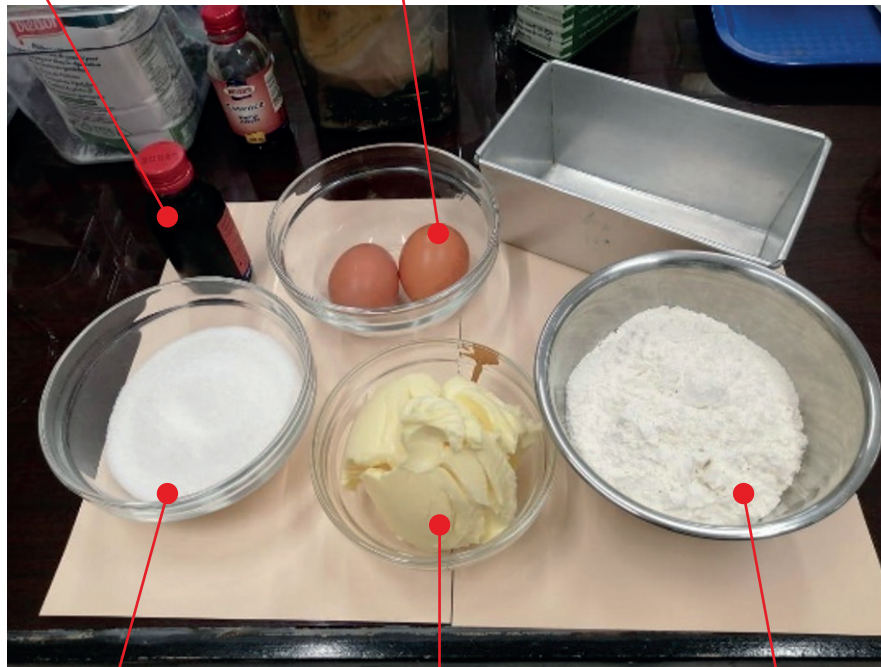




## Activity 1: Identification of ingredients used for vanilla cake

Label the ingredients in the picture using the words below. by writing their names in the grid.

margarine - flour - sugar - eggs - vanilla essence







## Activity 2: True and False statements

Put a tick (✓) in the appropriate column to indicate whether the statement is True or False.

| Statements |                                                                              | True | False |
|------------|------------------------------------------------------------------------------|------|-------|
| 1          | It is important to wear an apron and hair net during food practical classes. |      |       |
| 2          | Flour and sugar can be measured using an electronic balance.                 |      |       |
| 3          | Creaming of fat and sugar can be done using a fork.                          |      |       |
| 4          | The vanilla cake is usually baked at 220 °C.                                 |      |       |
| 5          | Wear a pair of oven gloves while removing the cake from the oven.            |      |       |

**Activity 3: Answer the following questions**

Now that you have prepared the vanilla cake, you can attempt the following questions:

**a. Name the 3 ingredients used for making vanilla glaze.**

.....

.....

.....

**b. How will you know if the vanilla cake is ready?**

.....

.....

.....

**c. Suggest another ingredient that can be used for decorating the vanilla cake.**

.....

.....

.....