



## Your task is to produce a cake in a mug

### Complete either task 1 or task 2

**Task 1** - Design and make your own mug cake making changes/modifications to the basic recipe where you want to (using slides 2 – 5)

OR

**Task 2** - Design and make your own mug cake making changes/modifications to the basic recipe where you want to and then trial a healthier version of your design. Think about what we need to cut down on and how you could achieve this (using slides 2 – 6)

Trial your new recipe and take pictures of the finished results if you can.

Set out your work as shown on pages 5 and 6.

IF YOU DON'T HAVE INGREDIENTS AT HOME SIMPLY DESIGN YOUR IDEA AND COMPLETE FUNCTIONS OF INGREDIENTS USING SHEETS ON SLIDES 5 AND 6, USE THE WEBSITES AT THE BOTTOM OF THE PAGE TO HELP YOU

- **Fruit filling** – adding fruit would change the colour, taste, texture and nutritional value
- **Topping** – add a crunchy topping or a soft buttercream?
- **Hidden fillings**– could you try adding a secret centre?
- **Flavour combinations** - what unusual ingredients could you combine?



Try adding a sauce such as custard or cream to serve with your cake. Think about its appearance. Can you make a healthier version of your cake in a mug? Trial it.

### Useful websites:

<https://www.bbcgoodfood.com/recipes/2405644/microwave-mug-cake>

<https://www.countryliving.com/food-drinks/g2364/mug-cakes/>

# Year 8 Practical Task

Basic recipe (use the next slide to help you make your final choices)

3 tbsp fat (e.g. vegetable oil)

3 tbsp sugar (any type see next slide)

1 egg

3 tbsp plain flour

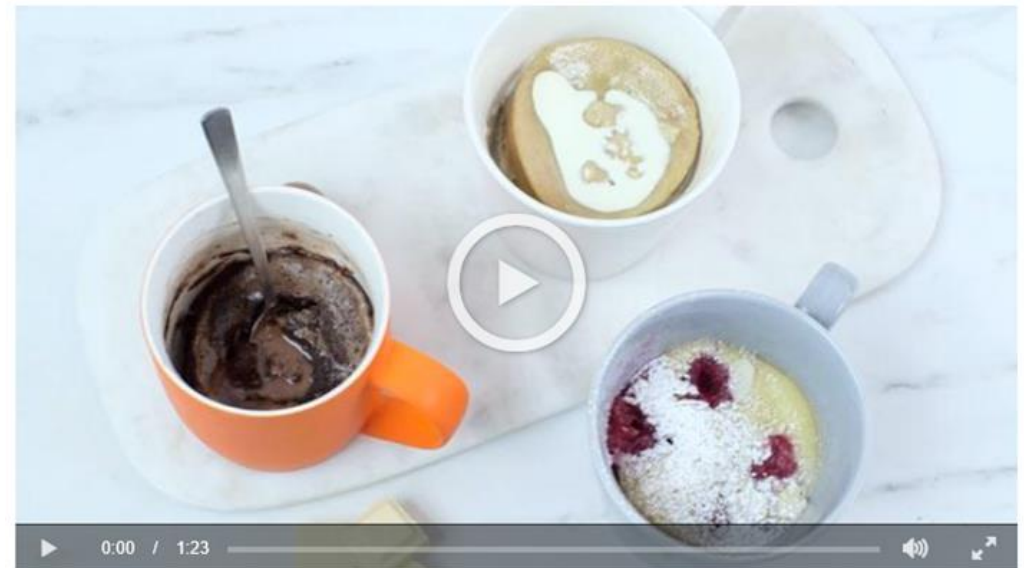
pinch baking powder

(You can substitute plain flour with SR, but make sure you remove the baking powder)

Changing the fat, sugar and flour can alter the cakes **nutritional value** and its colour, flavour and texture.



<https://www.bbcgoodfood.com/videos/hacks/easiest-ever-microwave-mug-cakes>



Cake in a Mug

Flour	Fat/Margarine	Sugar
<p><u>Wholemeal</u> has more texture and can change the colour of a dish.</p> <p>It has more fibre and Protein.</p>	<p><u>Butter</u> is a saturated fat and gives a rich flavour to mixtures.</p>	<p><u>Granulated sugar</u> is the same as Caster, but the grains are larger. This can give a gritty texture to a mixture.</p>
<p><u>Gluten-Free</u> flour is slightly more powdery and lacks the strength from the gluten. It can change the texture of a mixture to make it pasty.</p>	<p><u>Spreadable butter</u> often has water added and this can affect the aeration, shortening and richness of the final result.</p>	<p><u>Soft Brown sugar</u> has a deeper flavour than white sugar. It is less processed and tastes more treacly. It will give a darker colour.</p>
<p><u>Plain flour</u> mixed with a little cocoa powder will give a chocolate flavour and a browner finish. It can add dryness to a mixture.</p>	<p><u>Vegetable oil</u> is unsaturated and can be a little more greasy than butter. Using less is often the best choice. Olive oil can be very strong in flavour.</p>	<p><u>Dark Muscovado</u> is even less processed than soft brown. It can be a bit bitter, but makes a mix very dark and rich. Often good to mix with spices and fruits.</p>
<p>Adding <u>Oats</u>, or cereals to flour will add texture and crunchiness and fibre. A change of appearance and sugary cereals will add sweetness and colour.</p>	<p><u>Low Fat Spreads</u> contain a lot of water and other additives. This makes them unsuitable for cakes, but biscuits can still work, but the texture will be affected.</p>	<p><u>Xylitol</u> is a sugar replacement that is made from a leaf. It has natural sweetness with no calories. The taste is slightly different to sugar, but a good substitute.</p> <p>Fruits can add sweetness and can be a good substitute for sugars.</p>

Think about the function of ingredients and which you can use in your cake.

## Evaluation Help sheet

When you have cooked a product you will usually decide what you did well or did not do well.

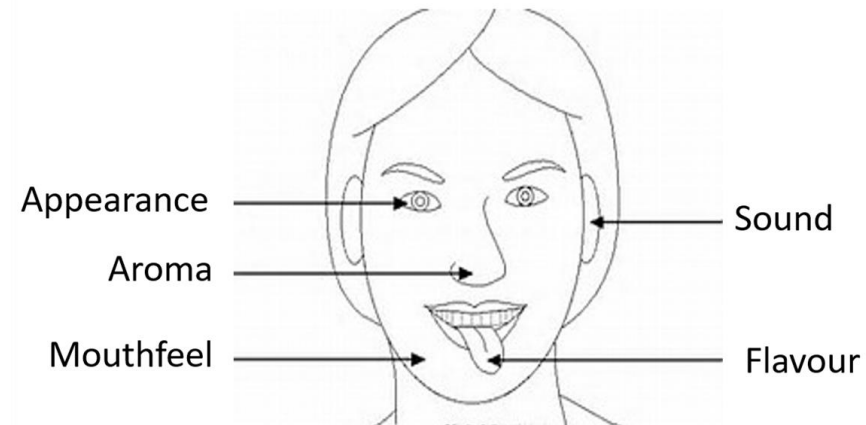
This is the start of evaluating your products.

- You should always comment on the smell (odour), appearance, taste and the texture (how it feels in your mouth).
- Try to avoid words like 'nice' as this does not describe the food very well.
- See if you can get other people's opinions as well as your own.

ODOUR	APPEARANCE	TASTE	TEXTURE
Aromatic	Appetising	Sweet	Gritty
Floral	Colourful	Bitter	Rubbery
Rotten	Dull	Sour	Stodgy
Pungent	Lumpy	Zesty	Waxy
Fragrant	Smooth	Salty	Hard
Mild	Flaky	Creamy	Crumbly
Citrus	Burnt	Bland	Soft
spicy	golden	Tangy hot	Soggy chewy

Examples of sensory descriptive words

What are your 5 senses?



Name:

Group:

**My picture:**

**Evaluation of my cake in a mug.**  
(include others opinions and your own on its taste, texture and appearance)

Cake in a Mug

List the ingredients you have used to make your cake in a mug:

Ingredient	What was its function? How has it changed the colour, taste and texture of the cake

Name:

Group:

**My healthier version of my cake in a mug.**

**Evaluation.**

(include others opinions and your own on its taste, texture and appearance)

**List the ingredients you have altered or added to make your healthier cake in a mug:**

Ingredient	What was its function? How has it changed the colour, taste and texture of the cake	How has it altered the nutritional content (has it added fibre, vitamins?)