



Home



Learning

Cooking Activities



Cooking



Hereward College

PROMOTING INDIVIDUAL ACHIEVEMENT



Cooking



Checklist

1



1. Wash hands

2



2. Tie hair back

3



3. Remove jewellery

4



4. Wear an apron

5



5. Wipe down surfaces

Flapjack Recipe



Equipment

- Baking tray
- Mixing bowl
- Wooden spoon
- Baking parchment
- Wire rack



Ingredients

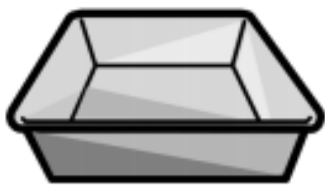
- 6oz/180g soft margarine or butter
- 6oz/180g soft brown sugar
- 8oz/210g rolled oats
- 1 tablespoon golden syrup
- Small pinch of salt



Method

1. Preheat oven to 170c/Gas mark 3
2. Line the tray with baking parchment
3. Put margarine into a bowl
4. Put sugar into bowl and mix with the margarine
5. Put the syrup, rolled oats and a pinch of salt and stir mixture
6. Spread mixture evenly over the tray
7. Place in a preheated oven and bake for 25 minutes
8. Whilst warm cut the flapjacks into portions and place on a wire rack to cool.

Flap Jacks - Equipment



Baking Tray



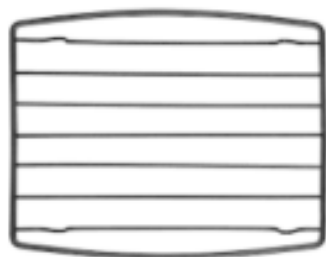
Mixing bowl



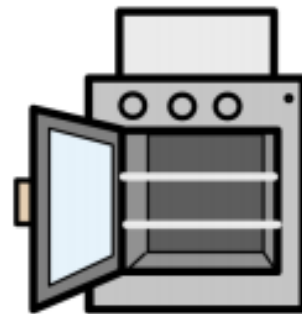
Wooden
spoon



Baking
Parchment



Wire rack

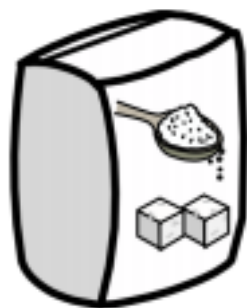


Oven

Ingredients



Butter



Brown Sugar



Rolled oats



Golden Syrup



Salt



Method









  
• Preheat oven to 170c/Gas mark 3.

   
• Line the baking tray with parchment.





   
• Put the margarine into the bowl.

      
• Put the sugar into the bowl and mix with the







margarine.

       
• Put in the syrup, rolled oats and pinch of salt and

 
stir mixture.

   
• Turn the mixture into the baking tray.

   
• Spread the mixture evenly over the tray.

    
• Place in the preheated oven and bake for 25 minutes.

       
• Whilst warm, cut the flapjack into portions and place

  
on a wire rack to cool.