

## **Cakes**

There are three basic methods of making cake mixtures.

- **Creaming method**
- **Whisking method**
- **Rubbing in method**

### **Creaming method**

Victoria sponge is produced by the creaming method. Flour and baking powder are sieved and, after the eggs added to the well – creamed butter and sugar. The Victoria sandwich is a traditional mixture where the two sponges are sandwiched together with jam and cream, or butter cream.

### **Whisking method**

Whisk together the eggs and the sugar over a pan of boiling water. Do not over heat the sugar and egg mixture which might cause the eggs to begin to coagulate and cook.

Whisk this mixture until the foam is cool, light and of a thick consistency. When dropped on itself the foam should leave its own mark. Foams can be over whisked. The sieved flour is carefully folded in at this stage.

### **Rubbing In method**

The principal or basic stage is the mixing of the fat and the flour to a crumbling texture. The sugar and the eggs are then added. It is essential that the batter is blended to produce a smooth batter, free of any lumps.

When blending, always clear the mix from the bottom of the bowl to ensure that any butter and flour does not remain unmixed.

## **Cake making ingredients**

### **Flour**

Soft low protein flour is best for cakes. Flour should always be sieved before use and any spices or dry ingredients can be mixed with the flour to ensure even distribution in the cake mixture.

### **Sugar**

Castor sugar is best to use for cakes and sponges because of its aeration properties and fine grain. Rich fruit and celebration cakes can use soft light or dark brown sugar for colour and flavour.

### **Fat**

Butter provides good flavour and imparts a natural yellow to cakes, but has poor creaming properties. To produce quality cakes which have good volume, even structure with a fine and balanced crumb and texture, then **cake margarine** takes some beating.

### **Healthy eating**

Whole meal flour can be substituted in some recipes, adding more fibre and contributing to healthier eating practices.

## **Possible reason for faults in cakes**

### **Uneven texture**

- Fat insufficiently rubbed in
- Too little liquid
- Too much liquid

### **Close texture**

- Too much fat
- Hands too hot when rubbing in
- Fat to flour ratio incorrect

### **Dry**

- Too little liquid
- Oven too hot

### **Bad shape**

- Too much liquid
- Oven too cool
- Too much baking powder

### **Fruit sunk**

- Fruit wet
- Too much liquid
- Oven too cool

### **Cracked**

- Too much liquid
- Too much baking powder