Cake making methods
There are five main methods of cake making:

- Rubbing–in
- Melting
- Creaming
- Whisking
- ‘All in one’ - same proportions as the creaming method

Each method produces products that have a different texture. The different proportion of ingredients used will determine the texture and taste of the cake product. The amount of fat in the cake product will determine how long the cake will stay fresh – without drying out. Cakes cannot be made successfully with low fat spreads; this is because they contain a higher proportion of water.

<table>
<thead>
<tr>
<th>Method of making</th>
<th>Example</th>
<th>Ratio of fat to flour</th>
<th>Raising agent</th>
<th>Basic Recipe</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Creaming</strong></td>
<td>Victoria Sandwich</td>
<td>1:1</td>
<td>Self – raising flour</td>
<td>100g SR Flour 100g fat 100g sugar 2eggs</td>
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<tr>
<td></td>
<td>Fairy Cakes</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>1:1</td>
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<tr>
<td><strong>All in one</strong></td>
<td>Victoria Sandwich</td>
<td>1:1</td>
<td>Self raising flour</td>
<td>100g SR Flour 100g fat 100g sugar 2eggs</td>
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<tr>
<td></td>
<td>Fairy Cakes</td>
<td></td>
<td>Baking powder</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1:1</td>
<td></td>
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<tr>
<td><strong>Whisking</strong></td>
<td>Swiss roll</td>
<td>No added fat</td>
<td>Air</td>
<td>50g Plain flour 50g sugar 2 eggs</td>
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<tr>
<td></td>
<td>Fruit flan</td>
<td></td>
<td>Air Steam</td>
<td></td>
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<td></td>
<td>Gateaux</td>
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<tr>
<td><strong>Rubbing in</strong></td>
<td>Fruit cake</td>
<td>1:2 in cakes</td>
<td>Self-raising flour</td>
<td>Cakes 200g SR Flour 100g fat 100g sugar 2eggs 50ml milk</td>
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<tr>
<td></td>
<td>Scones</td>
<td>1:4 in scones</td>
<td></td>
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<td></td>
<td>Welsh cakes</td>
<td></td>
<td></td>
<td>Scones 200g SR Flour 50g fat (marg or butter) 125ml milk</td>
</tr>
<tr>
<td><strong>Melting</strong></td>
<td>Gingerbread</td>
<td>Depends on individual recipe</td>
<td>Bicarbonate of soda (in gingerbread)</td>
<td>Varies depending on the product</td>
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<tr>
<td></td>
<td>Parkin</td>
<td></td>
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<td></td>
<td>Chocolate Brownie</td>
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</tbody>
</table>
1. Rubbing in Method

* Air is trapped in sieving the flour and by lightly (with finger tips) rubbing the fat in to the flour.
* Raising agents in the flour help the cake to rise

Examples of cakes made using the rubbing in method

![Fruit Cake](image1) ![Scones](image2) ![Welsh Cakes](image3)

2. Melting

- Fat and sugar ingredients are melted in a saucepan
- Texture tends to be much heavier than other cakes and wont rise much
- Bicarbonate of soda can be used to create a lighter texture

Examples of cakes made with the melting method

![Chocolate Brownies](image4) ![Gingerbread/ Parkin](image5)
3. Creaming

- Air is trapped by creaming the sugar and fat together
- This gives a lighter texture

Examples of cakes made using the Creaming method of cake making

Victoria sponge  Chocolate Victoria Sponge  Fairy Cakes

4. Whisking Method

- Eggs and sugar whisked together to trap air (aerate)

Examples of cakes made using the Whisking method of cake making

Chocolate / Vanilla Swiss Roll  Sponge Flan
5. All in one method

Fairy Cakes                      Victoria Sandwich

Recipe links from British Nutrition Foundation – short video demonstrations ....
fruit scones
blueberry muffins
gingerbread
What Next?

Task: Modifying Cakes

What could you add to cakes to change:-
• the flavour
• the texture
• the colour

• What could you change to make cakes healthier? (think about what you need to eat more of and what you need to eat less of)

Useful activities / tasks taken from www.foodforum.org.uk

comparing muffins  - activity sheet comparing cake products
baked goods  - worksheet for baked foods – suitable for cakes/ pastries/ bread
baked goods – the answers

productdevelopment  - Bite size resource

functions of ingredients  - simplistic information about the functions of basic ingredients. This could be useful revision.