

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.

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

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



Scones



Welsh Cakes

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



Gingerbread/ Parkin

3. Creaming

- Air is trapped by creaming the sugar and fat together
- This give 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.