

Cake-making Techniques

There are 4 basic methods of making cakes:

1. The rubbing-in method
2. The creaming method
3. The whisking method
4. The melting method

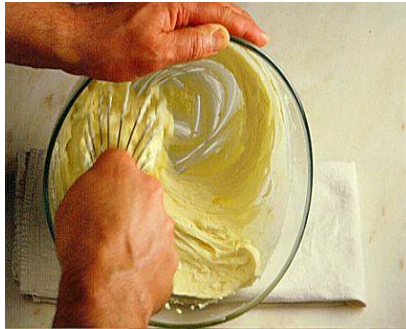
The rubbing-in method

This method is used for plain cakes which do not have much fat, e.g. scones and pastry. The flour is sieved into the bowl with the raising agent (remember ABBY). The fat is cut into small pieces and using your fingertips, the fat is rubbed into the flour until the mixture resembles breadcrumbs. All dry ingredients are added before the liquid



The creaming method

This method is used for richer cakes which have a large amount of fat, e.g. Madeira cake, fruit cakes and queen cakes. The fat and sugar are creamed or beaten together with a wooden spoon or electric mixture until they become white and fluffy. This process traps air so that the cake becomes light. A raising agent is also added. The eggs are added a little at a time. The flour is added in by gently folding into the mixture to avoid losing the air bubbles



The whisking method

This method is used for fatless cakes, e.g. sponge. Eggs and sugar are whisked together until they become thick and creamy. During this time, the mixture traps air, ensuring the cake will expand in the oven. The flour is gently folded into the mixture to prevent losing air bubbles.

Can you come up with any other examples of cakes made using the whisking method?



The melting method

The dry ingredients are put into a bowl, and the ingredients which melt are placed in saucepan over boiling water or in the microwave to melt. The melted ingredients are then poured over the dry ingredients and mixed until well combined. Examples of cakes made with this method are gingerbread and boiled fruit cake



Important points to remember:

- Be careful when adding hot liquid, use oven gloves where possible. *Why?*
- Wash all utensils and equipment with hot soapy water. *Why should we do this?*
- Preheat oven before adding the cake to be baked. *Why should we preheat the oven?*
- Wash hands after before, during and after cooking. *Why should we?*

HAPPY BAKING!!