

## YEAR 3 SUMMER TERM –RATION BOOK COOKING

### SWEET OAT BISCUITS

#### Equipment

Baking tray  
scales  
Large mixing bowl  
Spoon  
Knife  
Rolling pin  
Cookie cutter (about 7cm)

#### Ingredients

100g plain flour  
100g rolled oats  
pinch of salt  
50g sugar  
75g butter/margarine, cubed  
100g cold mashed potato (Smash)

#### Method

1. Lightly grease a baking tray and turn the oven onto 180°C/gas mark 5.
2. Mix the flour, oats, salt and sugar into a large mixing bowl. Rub in the butter until the mixture looks like breadcrumbs.
3. Knead the mashed potato into the ingredients until smooth.
4. Flour a work surface and rolling pin. Roll out the dough to ½ cm thick and stamp out using cutters.
5. Place on the baking tray and bake for about 20 minutes until crisp and lightly browned.

## CARROT CAKES

### Equipment

12 hole muffin tin  
cake cases  
scales  
Large mixing bowl  
Measuring jug  
Grater  
Chopping board  
Spoon  
Knife

### Ingredients

225g self-raising wholemeal flour  
115g butter/margarine  
115g caster sugar  
50g sultanas  
85g carrots, grated  
1 ½ tbs malt vinegar  
6tbs milk

### Method

1. Line a 12 hole muffin tin with cake cases. Turn the oven onto 180°C/gas 5.
2. In a large mixing bowl sieve the flour and baking powder into a bowl. Rub in the butter/margarine until the mix looks like fine breadcrumbs. Stir in the sugar, fruit and carrots.
3. Mix the vinegar with the milk then stir into the rest of the ingredients to give a sticky consistency.
4. Divide the mix between the cake cases and bake for about 20 minutes until risen and browned.

This can be baked as one large cake – spoon the mixture into a greased 20cm cake tin and bake for about 1 hour.

## **ROCK BUNS**

### **Equipment**

Baking tray  
Greaseproof paper  
scales  
Large mixing bowl  
Spoons  
Knife

### **Ingredients**

200g wholemeal flour  
4 tsp baking powder  
½ tsp mixed spice  
50g butter/margarine  
50g sugar  
50g sultanas  
1 egg  
2-3 tbsp milk  
2 tsp sugar for topping

### **Method**

1. Lightly grease a baking tray, and line with greaseproof paper. Turn the oven onto 180°C/gas mark 5.
2. Sift the flour, baking powder and spice into a large mixing bowl.
3. Rub in the butter until the mixture looks like breadcrumbs.
4. Stir in sugar, sultanas and egg. Add enough milk to make a sticky mixture.
5. Place 12 even spoonfuls on the baking tray.
6. Bake for about 15 mins until risen and golden brown.