



Module 1 - Section 1 - Baking a Madeira Cake

Objective: Be able to bake a Madeira cake.

In completing each section the user will be able to:

- Check the cleanliness of the workspace and availability of required tools and ingredients
- Weigh, measure, and mix ingredients in accordance with the recipe
- Deposit the correct amount of mix into the specified baking tin and place in a preheated oven
- Ensure the cake is evenly baked
- Identify the ingredients to be used

Assessment criteria:

1. Ensure that good food health and hygiene routines are practiced
2. Check the cleanliness of the workspace and availability of required tools and ingredients
3. Correctly preheat the oven
4. Weigh, measure, and mix ingredients in accordance with the recipe
5. Demonstrate knowledge and understanding of ingredients
6. Ensure the cake is evenly baked

You will Need:

TOOLS

Oven
8" round x 3" deep cake tin
8" round tin collar (sometimes known as Baking Belt)
Sieve
Large spoon
Teaspoon
Greaseproof paper to line an 8" tin
Mixer, bowl, and beater
Scraper
Test stick (bamboo skewer)
Cooling rack
Scissors

INGREDIENTS

300g self-raising flour
(Note UK self-raising and US self-rising flour have different ingredients. UK self-raising flour can be made by adding 4 teaspoons of baking powder to 300g of plain flour)
5 medium eggs
300g unsalted butter
300g Caster sugar
150g plain flour

2 teaspoons of Vanilla extract
Butter or cake release (to line your tin)

Method:

- Ensure the oven is preheated to the correct temperature:
 - Fan assisted 140C (284F)
 - Conventional 160C (320F)
- Sieve the flour
- Cream the butter and sugar together
- Scrape down the sides of the bowl regularly, till the mix is white and “fluffy”
- Beat in the equivalent of one egg at a time with a tablespoon of mixed flour
- Add the rest of the flour and fold in gently
- Add in the flavouring
- Spread the mixture into the prepared tin evenly and place in the oven to bake. If the cake mixture is evenly spread and away from the middle, it will rise more evenly. Baking bands should be used to help prevent a crust forming, and contribute to a more level bake
- Bake for 1hr 30mins
- Test to see if the cake is ready - place a clean skewer into the centre of the cake, leave for 12 seconds and if it comes out clean, the cake is ready (Paul needed an extra 10mins)
- Remove from the oven, and leave for a few minutes to allow the cake to firm up
- Turn the cake onto a cooling wire, and leave to cool

Supporting Notes:

The taste of every cake should be equally as good as the decoration. Imagine the disappointment a customer would feel if they bit into a cake which was beautifully decorated but failed to meet expectations on taste and texture.

Preparation

As with all things, preparation is the foundation for a successful cake. Hygiene standards are very important and cannot be stressed enough. Firstly make sure your hands are clean and free of any rings and nail art, and that your workwear is clean. The most effective way to wash your hands is with a non-hand operated warm water spray and bactericidal soap. The work surface should be wiped down using a bactericidal spray/wash, and dried off. All utensils must be spotlessly clean and well maintained.

Oven - set to the correct temperature and pre-heat just before you start mixing the ingredients.

Cake tins - line with baking parchment or greaseproof paper and use a baking collar or cardboard around the sides.

Utensils - lay out all the required equipment and utensils before the baking of the cake.

Firstly, if possible, select the best quality ingredients.

Butter and oils add flavour and contribute to the keeping qualities of the cake, they also prevent drying out during storage. Margarine gives the cake its own flavour, and may be used on its own or in combination with butter in a half and half mix. Vegan spreads are very similar to margarine.

Both butter and margarine (fats) when creamed with sugar, will entrap air and this contributes to the texture of the cake. Fat and sugar are usually best used in equal amounts. If there is more sugar than fat, the cake will be more tender and spongy, but, if there is more fat than sugar, it will be richer but closer in texture. The fats should be at room temperature for ease of creaming. Make sure the sugar and fats are thoroughly creamed before adding the eggs.

Sugar should be caster, as the smaller crystals introduce tiny bubbles of air, which contribute to a spongy and even texture. Granulated sugar crystals are too big and may not dissolve in the mix, leading to a crunchy texture and a speckled crust on the cake.

Eggs are very important in any cake mixture because they entrap air, they also provide some fat and protein, and contribute to the colour of the crumb and the structure of the cake. More eggs give a lighter cake, and less baking powder will be required. Eggs should be used at room temperature. If the eggs are straight from the fridge, they will not form an emulsion with the fats and the mixture will curdle. Eggs are to be beaten well into the creamed fat and sugar, until thoroughly mixed into the cake mix. Adding a little flour to the eggs will improve the “curdled” appearance.

Milk or water may be used in cake making, but the less liquid that is used means a more tender crumb.

Flavouring is a very personal choice, but it is worth noting that essence, being volatile, may cause some dryness in a cake, while fruit zests, which are oily, help prevent dryness. Fruit, added for flavour, aids the retention of moisture and helps make the cake rise.

Flour may be a mixture of plain and baking powder, or self-raising, and should be sieved with any spices or baking powder to mix them thoroughly, to break up any lumps, and mix in air. Sieving the flour contributes to the even texture and lighter bake to the cake.

Common mistakes and the reasons for them	
Tastes too dry	Baked too long Too much raising agent
Hard crust, damp and doughy in the centre	Oven too hot Cake baked too quickly Too much liquid
Burnt outside	Oven too small - not enough air circulating around the baking tin Baked at too high a temperature
Cracking across the cake top	Too much raising agent Too hot an oven Too small a tin Not enough liquid
Sunk in the middle	Too hot an oven Oven opened too soon Too much raising agent, syrup or treacle
Fruit sinking to bottom	Too much liquid/raising agent Fruit too heavy (whole cherries) Fruit not properly washed and dried Not enough creaming
Crumbly texture	Not enough egg Not enough liquid Too much raising agent Over baking causing drying
Hollow top	Over creaming Oven too cool Not long enough in oven Too much raising agent
Domed top	Oven too hot Cake baked too high up in the oven Mixture not creamed enough
Sugar spotting	Sugar too coarse Not creamed enough to dissolve sugar

Uneven rise

Mixture not spread evenly in tin
Oven shelf not level