

GCE O LEVEL 6087
FOOD & NUTRITION RECIPES
THE SCIENCE OF FOOD PREPARATION & COOKING

1. Plain Cake with Peanut

Rubbing-in Method

Ingredients

100g self raising flour
50g butter
50g sugar
1 egg
1 tsp vanilla essence
2tbsp ground peanut

Method

1. Preheat the oven to 180°C. Sift flour into a large bowl.
2. Cut the butter into smaller cubes.
3. Rub in the butter into the flour till the mixture resembles breadcrumbs.
4. Mix in the sugar and ground peanut into the butter and flour mixture till well combined.
5. Beat the egg and vanilla essence into a bowl till well blended.
6. Using a spatula, add in the egg mixture bit by bit till mixture is of smooth consistency.
7. Prepare the cake tin with baking paper and transfer the cake mixture into the lined cake tin.
8. Put into the oven to bake on the middle shelf for 15-20 minutes.
9. Place the cake on the cooling rack to cool after baking.

2. **Banana Cake**

Creaming Method

Ingredients

100g butter/ margarine
75g castor sugar
2 eggs beaten
100g plain flour
1 level tsp baking powder
½ tsp vanilla essence
2 large banana (mashed)
1 tsp lemon juice

Method

1. Preheat the oven to 180°C.
2. Cream the butter/ margarine and sugar with a wooden spoon or a hand-held electric beater until light and creamy.
3. Add the egg gradually to the creamed mixture, beating with each addition until all the eggs are added. This helps prevent the egg from curdling.
4. Sift the flour and baking powder together into a clean and dry bowl.
5. Fold in the flour mixture with a metal spoon until the cake mixture achieves a dropping consistency.
6. Add the vanilla essence, mashed banana and lemon juice to the mixture and mix well.
7. Pour the mixture into a greased cake tin.
8. Bake for 20-25 minutes.

3. Chiffon Cake

Whisking Method

Ingredients

15 g instant coffee mix*

60 ml hot water*

(*to be mixed together)

115g plain flour*

175g fine sugar*

½ tsp baking powder*

1 tsp salt*

(*to be sifted together)

¼ cup corn oil

4 eggs (separate the whites and yolk)

¼ tsp cream of tartar

Method

1. Prepare the 6" of 7" chiffon cake tin with baking paper. Preheat the oven to 160°C.
2. Blend the coffee mix with the hot water.
3. Sift flour, fine sugar, baking powder and salt into a large glass bowl.
4. Make a well in the centre of the flour mixture and add in the corn oil, yolk and coffee mix. Beat with wooden spoon till well-blended. (Mixture A)
5. In a separate glass bowl, whisk egg white till fluffy. Add in the cream of tartar and whisk the egg white mixture till stiff peak forms. (Mixture B)
6. Blend Mixture A lightly into Mixture B's bowl using a plastic scraper till well-combined