



Hospitality and Catering

# Producing sponge cakes and scones

## Lesson 4

Become competent in preparing, baking and serving sponge cakes for the hospitality and catering industry.





# Basic sponge recipe

- 200g caster sugar
- 200g softened butter
- 4 eggs, beaten
- 200g self-raising flour
- 1 tsp baking powder
- 2 tbsp milk
  
- Making this requires different techniques.





# Getting ready – 'mise en place'

- Weigh all the ingredients.
- Heat the oven to the correct temperature.





# Greasing baking tins

Wipe the inside of a baking tin with a thin layer of baking fat.

Then add grease proof paper to the sides of the tin.

This stops the sponge mix from sticking the tin when cooking.



# Creaming

With a wooden spoon, bowl or an electric mixer, combine fat and sugar and beat until the sugar has dissolved into the fat.





# Beating

Adding eggs to the 'creamed' mixture and beating in until all the eggs are mixed evenly into the fat and sugar.

This incorporates air into the mix and helps the cake to rise.





# Whisking – Victoria sponge

Sometimes instead of beating whole eggs into the mix, we can separate the eggs and whisk the egg whites into a light foam.

Then folding in the white to the beaten egg yolk and fat mix.

This creates a lighter, fluffier sponge.





# Sieving

Add the flour into the mix by sieving.

This adds more air to the mix.







# Folding in

Gently mix the flour and batter by folding the ingredients together.

This is not beating or mixing.

Folding is a circular motion moving the bottom mix to the top.





# Checking the batter

Before baking you must check the consistency of the batter mix.

Take a spoonful of mix and turn upside down.

If the mix falls off the spoon it is ready.





# Checking the batter

If the mix holds to the spoons then it is to thick.

Slowly mix in a few tablespoons of milk until the mix can slowly drop off the spoon but is not too runny.





# Place mix into baking tin

Use a spatula to get every last bit of mix into a tin.

Sometimes you can spoon or pipe the mix into smaller paper cases. This is a good way to sell and portion individual items.





# Bake

Place the tin on a tray into the middle of the oven.

This stops the top from burning or cooking before the bottom of the mix.

Follow instruction until light golden brown.





# Remove and cool

A good tip is to tap the top of the cake and if it feels firm and bouncy, it is ready. If not place it back in the oven. When the cake is cooked removed it from the tin and place onto a cooling rack.





# Steaming sponge

A basic sponge mix can be placed into a small bowl and covered with foil. Placed into a steamer or a Bain Marie.

The mix will be moist, light and without colour.

Usually served straight away as a hot pudding.



# Add flavours to steam sponge

Jam, treacle and chocolate sauce are commonly used as flavours.

Add a little of the flavouring to a mould before adding the sponge mix.

After cutting turn the mould upside down and remove. The sponge will have the flavour at the top of the cooked sponge.







# Other sponges

Sponge can also be made to form part of other dishes:

Trifle is a good example





# Revision Activity 4

What is creaming when making a cake?