



Hospitality and Catering

Producing sponge cakes and scones

Lesson 7

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





Storage

Cooked baked products should be stored at room temperature and then stored in a sealed 'air tight' container.

Cream based cakes must be placed into the fridge.





Fridge

Baked items which have already been decorated with cream, must be stored in the fridge at 1 to 5°C. This prevents the cream from getting too warm and potentially causing food poisoning.





Healthier cakes, sponges and scones

Replace sugar with sweeteners e.g.

'Stevia' plant-based sweetener.

Use gluten free flours for people with
gluten allergies.





Low fat creams

Use whipping cream instead of double.

It has slightly less fat.

Use cream alternatives for serving
pouring cream with cakes.





Reduced sugar

Try low sugar jams

Replace jams with fresh fruit –
strawberries, raspberries.





Healthier portions

Reduce portion sizes, use a portion slicer.

Use individual cutters and paper cases.





Revision Activity 7

How can you make a cake healthier?