

READY STEADY



Equipment list for Muffins

- Muffin tray and muffin cases
- Mixing bowl
- Measuring jug (for milk and oil)
- Oven
- Scales
- Sieve
- Teaspoon (for baking powder)
- Mixing spoon
- Hand whisk

Ingredients for Muffins

Thursday 11th Feb 2:30pm

- 250g self raising flour
- 100g caster sugar
- 230ml semi-skimmed milk
- 1tsp baking powder
- 1 egg
- 60ml oil

Flavours of your choice!

(Miss Marriott is using white chocolate chips and fresh raspberries.)

If you have your ingredients weighed out before the live lesson it will help you!



READY STEADY COOK



Health and Safety when cooking at home

Completing practical tasks at home is **OPTIONAL**, however if you choose to do so, you must follow these rules.

Always follow good kitchen and personal hygiene.



Always wash your hands before and after cooking, and after touching raw meats.



Tie your hair back before cooking.



Clean up after yourself.



Be aware of others in your kitchen and house. Make sure there are no distractions when cooking.

adult supervision

You must gain permission from an adult to complete a practical task.

This person must be at home during the completion of the task for supervision if required.



using sharps

Always use the following methods of knife safety.



Bridge

Claw

These can be applied to any food application.

Do not use any mechanical equipment with a blade. Tasks will require basic equipment only.

using ovens



Ask your adult supervisor for help when using the oven or hob. Always wear oven gloves.

Culinary activities such as cooking have inherent risks, **dangers and hazards**. Participation may result in injury or illness and therefore is done so **at your own risk**.