**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**RECIPE: Dutch Apple Cake**

**Servings: 2-3** **Oven Temp: 350F**

**Baking Time: 25-30 minutes**

**INGREDIENTS:**

**TOPPING:**

1 Apple, Peeled & Sliced

10mL Sugar

3mL Cinnamon

125mL Sifted Cake Flour

4mL Baking Powder

0.5mL Salt

25mL Margarine, softened

60mL Sugar

1mL Vanilla

½ Egg

50mL Milk

**INSTRUCTIONS:**

1. Preheat oven to 350F (Convect Bake). Grease and line a medium loaf pan with shortening and wax paper.
2. Peel and slice apple into 16 pieces.
3. Sift cake flour (collected at front table) onto paper towel in your unit then measure. Resift with baking powder and salt into a medium mixing bowl.
4. In a large mixing bowl, cream margarine and white sugar with an electric hand mixer
5. Divide egg in half.
6. Stir in vanilla and ½ an egg. Beat well until the mixture is smooth and creamy.
7. Fold in flour mixture alternately with milk to the creamed mixture using a **rubber spatula**. Mix well after each addition until the batter is smooth.
8. Spread in greased loaf pan.

**\*REMINDERS:**

* Cake flour is at front table
* Measure 125mL cake flour then sift once back at unit. Return leftover cake flour to container
* Check the cake when the minimum baking time has been reached then decide if more time is needed
1. Cover the top of the cake by placing sliced apple slices in neat rows
2. To make the topping, mix sugar and cinnamon into a custard cup. Sprinkle mixture over apple slices.
3. Bake for 25-30 minutes

**Test for Doneness:**

1. Toothpick test - toothpick comes out clean from center of pan
2. Timer
3. Golden Brown color

**TRAY:**

**LAB DUTIES:**

**Dishwasher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Housekeeper: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Dish Dryer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Special Duties: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

PERSON A: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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PERSON B: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**QUESTIONS:**

1. This recipe uses cake flour. Use **your phone to search the internet** to answer the following:
	1. What is cake flour and how is it different than all-purpose flour?

* 1. How might the final product change based on which flour is used?
	2. What 2 ingredients can you use as a substitute for cake-flour if you do not have any at home?

After the Lab

1. Instead of frosting the top of this cake and adding a lot more sugar we used apples. Do you feel this alternative topping was a good substitute? Explain
2. What other fruit could we have used as a topping on this cake?
3. What food and beverages are responsible for the majority of sugar you eat in a day?
4. Can you suggest a healthier alternative you could substitute for one of these foods you eat?