

ENGLISH
Cookery Club
for the Immersion Method



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PREFACE

The Cookery Club is designed to further the students' immersion in an English-speaking environment outside the classroom.

The students are supposed to use the recipes to cook the desserts at home and bring them to class for everyone to taste and decide on the best cook. Before serving, the students should describe the whole process of making the dishes.

To offer the instructions we used <https://www.wikihow.com>. For video instructions please visit youtube: British cuisine: (*the name of the dessert*).

The students' vlogs are welcome.





Enjoy!




1. Flapjacks

Ingredients: 1/2 cup (115 grams) of butter or margarine, 1/2 cup (110 grams) of packed brown sugar, 4 tablespoons (63 ml) of golden syrup or corn syrup, 3 cups (240 grams) of rolled oats, 1/4 (36 grams) cup of raisins.

Utensils: oven, saucepan, baking pan.

Techniques: preheat, combine, stir, pour, bake, cut, serve.

	<p>1. Preheat the oven to 350 degrees F (175 degrees C).</p>
	<p>2. Put a saucepan over low heat, combine the butter, brown sugar and golden syrup. Cook, stirring occasionally, until butter and sugar have melted.</p>
	<p>3. Stir in the oats and raisins until coated.</p>
	<p>4. Pour into an 7 or 8 inch (17.8 or 20.3 cm) square baking pan. The mixture should be about 1 inch (2.5 cm) thick.</p>






	<p>5. Bake for 30 minutes in the preheated oven, or until the top is golden.</p>
	<p>6. Cut into squares, then leave to cool completely before removing from the pan.</p>
	<p>7. Serve.</p>




2. Lemon Cupcakes

Ingredients: 1 cup (225 grams) white sugar, ½ cup (115 grams) butter, 2 eggs, 1½ teaspoons vanilla extract, 1½ cups (150 grams) all-purpose flour, 1¾ teaspoons baking powder, ½ cup (120 milliliters) milk, 2 tablespoons fresh lemon juice (about 1 lemon's worth), 2 teaspoons lemon zest (about 1 lemon's worth), 1 tablespoon poppy seeds, toasted (optional). (Makes 12 large cupcakes, or 24 small cupcakes).

Utensils: oven, cupcake pan, bowl, paper liners, handheld/electric mixer, sifter, ice-cream scooper, toothpick, baking rack.

Techniques: preheat, insert, cream, mix in, cut, beat, add in, pour, stir in, combine, fill, bake, press, let cool.

	<p>1. Preheat the oven to 350°F (175°C). At this time, you can also prepare your cupcake pan by inserting the paper liners into the wells.</p>
	<p>2. Cream the butter and sugar until light and fluffy. You can do this using a handheld mixer or an electric mixer with a paddle attachment. To make mixing even easier, cut the butter into cubes first.</p>
	<p>3. Mix in the eggs and vanilla extract. Beat the eggs in one at a time, then add the vanilla extract with the second egg.</p>
	<p>4. Add in the flour and baking powder and continue mixing. To avoid any lumps and clumps, pour the flour and baking powder through a sifter.</p>
	<p>5. Stir in the milk, lemon juice, and lemon zest until everything is just combined. Do not over-mix the batter, or the cupcakes will be tough. For a more complex flavor, add 1 tablespoon of toasted poppy seeds.</p>





	<p>6. Fill the cupcake liners two-thirds of the way with the batter. An ice cream scooper is a great way to do this. It is quick, easy, and it will ensure that each liner gets the same amount of batter.</p>
	<p>7. Bake on the center rack for 20 to 25 minutes. The cupcakes are done when the edges turn golden brown, and a toothpick inserted into the middle comes out clean. Another way to tell if the cupcakes are done is by pressing on one of the domes; if it bounces back up, it's done.</p>
	<p>8. Let the cupcakes cool. Let them cool in the pan for 10 minutes first, then transfer them to a baking rack to finish cooling.</p>

3. Classic Scones





Ingredients: 2 cups (250 grams) all-purpose/plain flour, 1 teaspoon baking powder, ¼ teaspoon baking soda (bicarbonate of soda), 3 tablespoons – 1/3 cup (65 grams) sugar, 1 stick (113 grams) cold butter, ½ cup (120 milliliters) cream or half-and-half, a pinch of salt, 1 teaspoon vanilla extract (optional).




Utensils: oven, bowl, fork/whisk, pastry blade, tablespoon, plastic wrap, refrigerator, knife/cookie cutter, baking sheet, parchment paper, brush, spatula

Techniques: preheat, mix, pour, stir, blend, cut, add, beat, spread, roll out, brush, bake, cool, decorate.

	<p>1. Preheat the oven to 400°F (200°C). Make sure that there is nothing inside your oven and that the baking rack is positioned in the center.</p>
	<p>2. Mix all of the dry ingredients in a bowl. Pour the flour, baking powder, baking soda, sugar, and salt into a large bowl and stir with a fork or whisk until everything is well-blended.</p>
	<p>3. Cut the butter into small cubes and add it to the flour mixture. Cutting the butter will make it more manageable and easier to mix.</p>
	<p>4. Mix the butter and flour mix until it resembles a coarse, crumbly meal. You can use a pastry blade or your hands. The crumbles should be roughly the size of peas. Do not over-work the dough, however; this will result in tough, overly-dense scones.</p>

	<p>5. Pour the cream or half-and-half into the dough a little bit at a time and mix it. Start with a few tablespoons of the liquid, and keep adding and stirring until the dough starts to come away from the sides of the bowl and clump up. You may end up using a little less/more than ½ cup (120 milliliters) of your liquid.</p>
	<p>6. Cover the dough with plastic wrap and put it into the refrigerator. Leave it there for 15 to 20 minutes. This will give the butter enough time to cool back down, making the dough easier to handle later on.</p>
	<p>7. Prepare your egg wash. Mix one egg with ¼ cup (60 milliliters) of cream, half-and-half, or milk. Beat the mixture with a fork or whisk until the yolk is all broken up and there are no streaks. You will be spreading this on your scones later on.</p>
	<p>8. Cut the dough in half and put one of the halves back into the fridge. You are cutting the dough in half so that you don't end up over-rolling the dough, which could lead to a tough pastry. Putting the dough back into the fridge will prevent it from becoming too soft</p>

	<p>too soon. Be sure that you cover the dough going back into the fridge with some plastic wrap.</p>
	<p>9. Transfer the dough onto a lightly-floured surface and roll it out. Make it somewhere between $\frac{3}{4}$ to 1 inch (2 to 2.5 centimeters) thick, but not thinner or it will not rise enough. Keep in mind, however, that the thicker your dough is, the longer it will need to bake.</p>
	<p>10. Cut the scones using a knife or cookie cutter.</p>
	<p>11. Transfer the scones onto a baking sheet. To prevent sticking, consider covering your baking sheet with some parchment paper.</p>
	<p>12. Brush the scones with the egg wash. Dip a brush into the egg wash, and lightly run the bristles over the tops of the scones. This will give the scones a shiny-texture after you bake them.</p>




	<p>13. Transfer the scones into the oven and bake for 15 to 20 minutes. The scones are done once they turn golden brown.</p>
	<p>14. Cool the scones on a wire rack. Carefully lift the scones off the baking sheet using a spatula and transfer them to a wire rack. Wait about five minutes for them to cool.</p>
	<p>15. Serve the scones. You can serve them plain or you can decorate them by drizzling some sugar glaze over them. You can also serve plain scones with some clotted cream or jam.</p>




4. Apple Pie

Ingredients: one can of biscuit dough, 1 tablespoon all-purpose flour, 1 tablespoon cinnamon, 1 cup sugar, 6 large apples, 1/4 cup butter- unsalted.

Utensils: oven, wooden board/cloth, pie pan,

Techniques: preheat, flour, roll out, grease, peel, core, slice, add, press, cut, sprinkle, bake.

	<p>1. Collect the ingredients and wash your hands. Preheat the oven to 350 °F (177 °C).</p>
	<p>2. Flour a wooden board or a clean cloth, and put half the biscuit dough on it.</p>
	<p>3. Roll out the biscuit dough to the size of the pie pan, then roll out the rest of the dough into a round of equal size. Grease the pie pan.</p>
	<p>4. Peel, core, and slice the apples. Leave them in slices or cube them according to your preference.</p>
	<p>5. Place one dough round into the pie pan, making sure to avoid wrinkles. Add the apples and some butter.</p>

	<p>6. Add the next round of dough for the top crust, and press the edges together. Cut slits in the crust for the steam to escape. Sprinkle some cinnamon and sugar on top.</p>
	<p>7. Put your pie into the oven. Bake for the length indicated on the biscuit dough can.</p>
	<p>8. Allow your pie to cool. Enjoy your simple homemade pie.</p>

5. Toffee

Ingredients: 1/4 cup of water, 2 cups of granulated white sugar, 1 1/2 cups unsalted butter (3 sticks), plus 1 tablespoon to grease the pan, 2 tablespoons light corn syrup, 2 teaspoons of vanilla extract/essence, 1/4 teaspoon salt.

Utensils: baking pan, saucepan, pot, tablespoon, wooden spoon, pastry brush, candy thermometer, teaspoon, freezer.

Techniques: grease, coat, pour, divide, cut, melt, heat, stir, add, dip, knock, let sit, clamp, turn off, break up, cool, remove, crack.



1. **Grease an 11x17-inch baking pan with 1 tb of butter.** Use the butter to lightly coat the bottom and sides of the pan. This will keep the toffee from sticking to the pan when you need to remove it. Set the pan aside on a wire cooling rack for later -- you'll be pouring the hot toffee into this to cool.






2. **Divide the remaining 1 1/2 cups of butter into small pieces.** Simply cut the butter up into squares. This increases the surface area of the butter and helps it melt evenly.

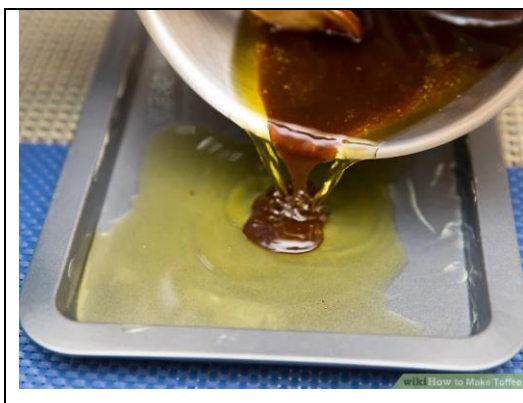


3. **Heat the butter on medium-high in a large, heavy-bottom saucepan.** Heavy bottom pans will prevent the sugar from burning later on, but you can use a normal pot if you don't have one. Stir the butter regularly as it melts. Once you are sure that all of it is melted, move on to the next step -- you do not want it to brown.



4. **Add the sugar, syrup, water, salt and corn syrup and lower the heat to medium-low.** Once the butter is melted, add 2 cups granulated white sugar, 2 tablespoons light corn syrup, 1/4 teaspoon salt, and 1/4 cup water and stir

	<p>it in until the sugar has completely dissolved. When possible, use a wooden spoon instead of a metal one to prevent sugar crystals from forming.</p>
	<p>5. Stop stirring when the mixture boils. Sugar can recrystallize when overstirred, leading to grainy toffee instead of the smooth texture you are looking for. Use a pastry brush dipped in water to knock any loose sugar crystals off the sides of the pan and down into the mixture, then let the toffee sit, unstirred, until you take it off the heat.</p>
	<p>6. Clamp a candy thermometer into the mixture and wait until it reads 300°F. This is the "hard crack" stage of candy. This means that, when it cools, the candy will break up into the hard pieces of toffee that you are looking for. Turn the heat off when the thermometer reads 300°F</p>
	<p>7. Turn off the heat and quickly stir in 2 teaspoons of vanilla extract. This ensures that you get the extract throughout the mixture evenly, but don't cause any more crystals to form. 3-4 stirs around should be enough.</p>



8. **Carefully pour the toffee onto your baking sheet.** You'll leave it in your baking sheet to cool and harden, then you can break it up into smaller pieces afterward.

If you want **nuts** in your toffee, spread them on the sheet ahead of time and pour the toffee over them.

