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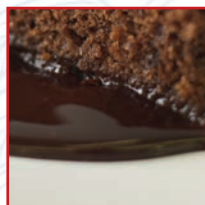
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The finalists' winning bakes 2014



**Unilever
Food
Solutions**



Foreword from Jo Wheatley

I live and breathe baking – it's what I get out of bed for in the morning. That, and my lovely family of course. I started baking at the tender age of three in my Nan's kitchen, so I've grown up with it and it's very much about childhood memories for me.

In today's world, where life is just so fast-paced, it's wonderful to see a revival of a pastime that is traditionally very homely and nurturing. Showing a child how to bake can be a lovely experience for both child and teacher.

School cooks and caterers play such an important role in shaping children's appetites, likes and dislikes and their relationship with food, so I was delighted to see such a passion and talent from school kitchens in the Big School Bake Off competition.

In this booklet, we're lucky enough to share the recipes that got our eight finalists through to the final. We hope they inspire you with new ideas and that, like me, you get the baking bug...

Enjoy!



On 7 October 2014, Sarah
Medlicott was crowned the
first Big School Bake Off winner

Good

finalists!

Glenfall Cornish

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School,
ough



back into
e School
Heather Evans,
Wesbridge High School,
Sheffield

Ready, steady... bake...

To take part in this exciting competition, school cooks and caterers across the UK were invited to submit their own best sweet bake recipe.

With hundreds of tempting tasty dishes to choose from, the judges whittled the entries down to 16 school cooks, who battled it out in three intense baking heats at this year's LACA Conference. The team of judges – TV Bake Off winner Jo Wheatley, LACA's Sylvie Babout and Unilever Food Solutions' education chef Andy Lagor – had the enviable task of sampling the finished bakes.

Impressed with the creativity and skill in the school cooks' baking, the judges chose eight finalists to compete in the Big School Bake Off final on 7 October 2014. At the final the competitors were put through their paces with a technical challenge of making a Victoria Sandwich.

Meet the finalists

Amanda Barrett

Bodmin College, Cornwall

Lisa Marsh

Glenfall Community Primary School, Cheltenham

Sarah Medicott

Torbay School, Paignton

Heather Evans

Stocksbridge High School, Sheffield

Kelly Mileham

Cumnor House School, Haywards Heath

Hazel Forrester

Godinton Primary School, Ashford, Kent

Mary Clinton

Glenmoor and Winton Schools, Bournemouth

Helen Mastin

The Deepings School, Peterborough



Amanda Barrett
Catering Manager
Bodmin College
Cornwall

Very Berry Oaty Muffins

12 portions

Ingredients

150g Porridge oats
180g Plain flour
100g Light brown soft sugar
5g Baking powder (1 tsp)
4g Bicarbonate of soda (3/4 tsp)
5g Cinnamon (1 tsp)
2.5g Salt (1/2 tsp)
250g Apples (2 large apples cooked to a puree)
50g Egg (1)
140ml Semi skimmed milk
45g Stork soft spread
200g Frozen berries

Topping

30g Porridge oats
15g Light brown soft sugar
2g Cinnamon (1/4 tsp)
15g Stork soft spread

Icing

15g Low fat plain yoghurt (strawberry flavour)
100g Icing sugar

Advanced Preparation

Preheat oven to 180°C and grease and flour a large muffin tin.

Method

1. Place all dry ingredients in a bowl and mix together. In a separate bowl, mix together the apple puree, egg, milk and melted Stork.
2. Add wet ingredient mix to dry ingredients, stir thoroughly, then add the frozen mixed berries and mix gently.
3. Divide into the muffin tin using an ice cream scoop and sprinkle with oaty topping.
4. Bake for 25-30 minutes, until golden brown.
5. Mix strawberry yoghurt with icing sugar and drizzle over cooled muffins.

Each 109g portion contains

Energy	Fat	Saturates	Sugars	Salt
983kJ 234kcal	5.6g	1.4g	22.7g	0.6g
12%*	8%*	7%*	25%*	11%*

* % of reference intake (RI) of an average adult (8,400kJ / 2000kcal)



Heather Evans
Catering Manager
Stocksbridge High School
Sheffield

Tutti Fruitti Cake

12 portions

Ingredients

225g Self raising flour
225g Caster sugar
225g Stork soft spread
250g Egg (5)
300g Apples
240g Bananas
200g Oranges
5ml Vanilla essence

Topping

20ml Orange juice
125g Icing sugar

Advanced Preparation

Preheat oven to 180°C.

Method

1. Cream the Stork and sugar, peel and chop the apples into cubes.
2. Grate the rind of the orange then peel and chop the orange.
3. Peel the banana and slice and add it to the creamed mixture and beat. Add the eggs, flour and vanilla and beat. Then add the rest of the fruit mix and stir gently until all are combined.
4. Place in a greased baking tin and cook at 180°C for approx 30 minutes or until set.
5. When cool, drizzle with the icing made up with the orange juice and cut into 12 squares and serve.

Each 151g portion contains

Energy	Fat	Saturates	Sugars	Salt
1502kJ 358kcal	15.8g	4.1g	38.1g	0.6g
18%*	23%*	20%*	42%*	9%*

* % of reference intake (RI) of an average adult (8,400kJ / 2000kcal)

Kelly Mileham

Chef/Assistant Catering Manager
Cumnor House School
Haywards Heath, West Sussex



Rhubarb and Sour Cream Cake

12 portions

Ingredients

100g Stork soft spread
100g Caster sugar
100g Porridge oats or a toasted oat and seed mix
5g Cinnamon
250g Muscovada sugar
50g Egg (1)
2.5g Salt (1/2 tsp)
225g Self raising flour
5g Bicarbonate of soda
185ml Sour cream
300g Rhubarb, cut into 1cm pieces

Advanced Preparation

Preheat the oven to 180°C and line a 33x23x5cm baking tin with parchment.

Method

1. Melt 15g of the Stork and stir in the caster sugar, oat mix and cinnamon, then set aside.
2. Cream together the rest of the Stork with the muscovada sugar and egg. When smooth and creamy, stir in flour, bicarbonate of soda, salt and soured cream. Lastly stir in the rhubarb.
3. Pour the rhubarb mixture into the prepared tin and sprinkle with the sugar oat mix.
4. Bake for 30-35 minutes or until skewer comes out clean.
5. Leave to cool and cut into squares. Keeps for 4-5 days in an airtight tin.

Each 109g portion contains

Energy	Fat	Saturates	Sugars	Salt
1236kJ 294kcal	10.3g	3.7g	31.0g	0.6g
15%*	15%*	18%*	34%*	10%*

* % of reference intake (RI) of an average adult (8,400kJ / 2000kcal)

2014 winner



Sarah Medlicott
Kitchen Manager
Torbay School
Paignton, Devon

Apple & Strawberry Crumble

12 portions

Ingredients

200g Stork soft spread
155g Caster sugar
10ml Vanilla essence
100g Egg (2)
300g Self raising flour
150ml Semi skimmed milk
300g Apple, peeled, cored and sliced
300g Strawberries

Crumble topping

75g Plain flour
50g Stork soft spread
55g Light brown soft sugar

Advanced Preparation

Preheat an oven to 180°C grease and line a 20cm loose spring bottom tin.

Method

1. Beat the Stork, sugar and vanilla essence in a bowl until pale and creamy. Add eggs one at a time, beating well each time. Using a metal spoon, fold in the flour and milk until combined.
2. Spoon into the prepared tin and smooth mixture around the tin with a spoon. Arrange the apples and strawberries on the cake mixture pressing them down slightly into the top of the cake.
3. To make the crumble topping rub the Stork into the flour until it resembles fine breadcrumbs, then stir in the sugar.
4. Sprinkle the crumble over the top of the apples and strawberries. Bake in the oven for 45 minutes to 1 hour, or until a skewer inserted into the centre comes out clean.

Each 141g portion contains

Energy	Fat	Saturates	Sugars	Salt
1425kJ 339kcal	16.2g	4.2g	23.8g	0.6g
17%*	23%*	21%*	26%*	10%*

* % of reference intake (RI) of an average adult (8,400kJ / 2000kcal)

Hazel Forrester
School Cook
Godinton Primary School
Ashford, Kent

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Funky Fruity Rock Cakes

12 portions

Ingredients

Cake

300g Self raising flour
200g Stork soft spread
75g Demerara sugar
50g Dried apricots, chopped
25g Stem ginger, chopped
100g Glace cherries, chopped
50g Egg (1)
50ml Semi skimmed milk
5ml Vanilla essence

Advanced Preparation

Preheat oven to 190°C.

Method

1. Mix flour and Stork together to form breadcrumbs.
2. Add fruit and sugar.
3. Lightly beat egg and add to mixture with the milk and vanilla extract to make a stiff mixture.
4. Place twelve spoonfuls of mixture well apart on a greased baking tray and bake for 20 minutes.

Each 71g portion contains

Energy	Fat	Saturates	Sugars	Salt
983kJ 234kcal	12.6g	3.2g	10.4g	0.5g
12%*	18%*	16%*	12%*	8%*

* % of reference intake (RI) of an average adult (8,400kJ / 2000kcal)

Mary Clinton
General Catering Manager
Glenmoor & Winton Schools
Bournemouth

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Courgette, Apricot & Orange Muffins

12 portions

Ingredients

Cake

250g Stork soft spread
250g Caster sugar
200g Egg (4)
350g Self raising flour
200g Orange (zested and juiced)
5g Cinnamon
5g Baking powder
350g Courgettes, grated
130g Dried apricots, chopped

Advanced Preparation

Preheat oven to 180°C. Grate the courgettes and squeeze out as much water as possible.

Method

1. Beat the Stork and sugar until light and creamy. Add the eggs with a tablespoon of flour and beat in.
2. Sieve the flour with the cinnamon and baking powder and fold into the batter together with the courgettes, orange juice and rind.
3. Using an ice cream scoop, fill 12 muffin cases two thirds full. Bake for 20 minutes, or until firm to touch.
4. Allow to cool and then serve dusted with icing sugar if using.

Each 145g portion contains

Energy	Fat	Saturates	Sugars	Salt
1543kJ 367kcal	17.0g	4.4g	29.0g	0.8g
18%*	24%*	22%*	32%*	13%*

* % of reference intake (RI) of an average adult (8,400kJ / 2000kcal)

Helen Mastin

Cook

The Deepings School

Peterborough



Chocolate Fudge Brownies

12 portions

Ingredients

Cake

250g Stork soft spread
45g Cocoa powder
250g Caster sugar
5ml Vanilla essence
60g Self raising flour
60g Raisins
60g Sultanas

Icing

100g Stork block
180g Icing sugar
20g Cocoa powder

Advanced Preparation

Preheat oven to 180°C and grease a suitable tin.

Method

1. Melt the Stork over a gentle heat and beat in the cocoa powder.
2. Whisk the eggs, sugar and vanilla with an electric mixer until it forms trails.
3. Gently fold in the Stork and cocoa powder, then fold in the flour, raisins and sultanas.
4. Pour into a flat tray and bake for 25 minutes.
5. Whilst the cake is cooling, make the icing by placing all the ingredients into a mixing bowl and beat until the mixture is light and fluffy. Spread the frosting over the brownie and cut into 12 pieces.

Each 86g portion contains

Energy	Fat	Saturates	Sugars	Salt
1126kJ 268kcal	15.5g	4.2g	29.0g	0.5g
13%*	22%*	21%*	32%*	8%*

* % of reference intake (RI) of an average adult (8,400kJ / 2000kcal)

Lisa Marsh

Cook

Glenfall Community Primary School
Cheltenham



Banoffee Cake

12 portions

Ingredients

225g Self raising flour
10g Baking powder
225g Caster sugar
225g Stork soft spread
200g Egg (4)
100g Banana
80g Light brown soft sugar

80g Stork block
25ml Skimmed milk
170g Stork soft spread
340g Icing sugar
25g Banana chips lightly crushed

Advanced Preparation

Preheat the oven to 190°C and line a 30cm x 23cm traybake tin with baking parchment.

Method

1. Place flour, baking powder, caster sugar, Stork soft spread and eggs into a mixing bowl and mix using an electric mixer on a slow speed until all ingredients have come together. Scrape around sides of bowl to ensure all ingredients are mixed. Place bowl back on mixer and beat on a medium speed for about 30 seconds ensuring the mixture does not get over beaten.
2. Mash up the bananas in a separate bowl and add to the mixture, mix on a slow speed just long enough to ensure the banana is mixed evenly through the cake. Pour mixture into prepared tin, level out gently to an even thickness and place in preheated oven for 25-30 minutes until centre of cake springs back to the touch, or a metal skewer inserted into the centre of the cake comes out clean. Remove from oven and cool on a wire rack.
3. As soon as the cake goes in the oven place 80g of the Stork baking block and the brown sugar into a saucepan and stir on the heat until the butter has melted. Add the milk

and continue stirring on a low heat until the sauce starts to thicken and has a nice shine on it, this will take about 5 minutes, remove from heat and allow to cool.

4. Place the remaining softened Stork block into your mixer running at a slow speed and slowly add the icing sugar a spoon at a time until it is all incorporated, turn mixer up to a medium speed and beat for a further minute. Add $\frac{3}{4}$ of the toffee sauce to the buttercream mixture and mix in.
5. To assemble spread the buttercream over the top of the cake and level out to give an even layer by running a fork across the length of the cake. Sprinkle with the crushed banana chips and top by drizzling over the remaining toffee sauce. Cut into squares and serve.

Each 142g portion contains

Energy	Fat	Saturates	Sugars	Salt
2,331kJ 555kcal	30.8g	8.8g	57.9g	1.1g
28%*	44%*	44%*	64%*	18%*

* % of reference intake (RI) of an average adult (8,400kJ / 2000kcal)



Did you know?

Stork began to rise in popularity in the 1940s when it established The Stork Cookery Service, which taught housewives how to produce food in spite of rationing restrictions, which included recipes for items such as meat-free pies and egg-free cakes.



Pioneers of the 'all-in-one' method

In the 1970s, Stork launched Stork Soft in the famous yellow tub and pioneered the 'all in one' cake making method, making cake-baking much easier.

Jo says...

“ I like to use Stork in my baking, particularly if I’m using an all-in-one method. Stork creams really easily, even straight from the fridge. You can whip up a cake in minutes. Stork is tried and tested and perfect for baking, it makes cakes so much lighter and it gives greater volume and delicious moist results. When I use Stork in my baking I can be confident the results will be exactly as I expect them to be.

From cookies, flapjacks and brownies to muffins and cakes, Stork is a must-have item for any baker’s fridge. ”





www.ufs.com/schoolfood

