A large decorative graphic in the center of the slide. It features a white circular area containing the title text. This circle is surrounded by a ring of blue rectangular blocks, each containing a white brushstroke pattern, arranged in a circular fashion.

Baking Basics (Buns)

With **all of us** in mind.

IMPORTANT, PLEASE READ

These slides are *free* for anyone to look at and see some tips that might be helpful. If you would like to learn more, please book on to our workshop of the same name.

Whilst our face to face courses are not running the moment, you can still express your interest in attending the next available date by visiting our website www.wakefieldrecoverycollege.co.uk, clicking on the “**Enrol Now**” button and following the link to our “**Enrolment Form**”. As soon as our face to face courses are back on, we’ll be in touch to reserve your place at your preferred location. We’re also still here on the phone (01924 316946) and through email (wakefieldrecoverycollege@swyt.nhs.uk) if you would like to chat to us.

We can’t wait to see you soon, but in the meantime...

Stay home. Protect the NHS. Save Lives.

Thinking of you all, from
Your Recovery College Team.



With **all of us** in mind.



What we'll cover

- 
- 
- Kitchen safety and food hygiene
 - Equipment
 - Ingredients
 - How to bake buns!



With **all of us** in mind.



Kitchen safety and food hygiene

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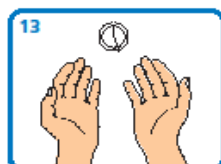
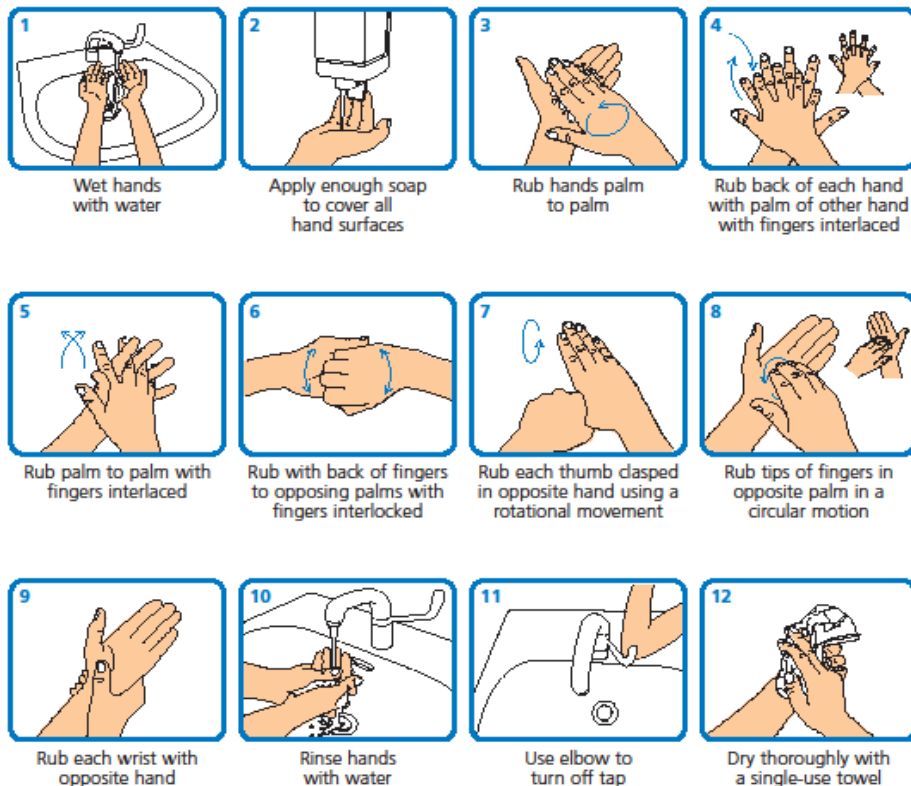
Hand-washing technique with soap and water



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The first rule of the kitchen...

Always wash your
hands thoroughly
before starting to
bake or cook.



Hand washing should take
15–30 seconds



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Basic kitchen hygiene & safety tips

Follow these for clean and safe baking at home...

- Always wash your hands regularly whilst baking.
- Wear an apron if you have one; do not wear this outside of the kitchen to minimise the chance of bringing germs in.
- Tie long hair back, take off jewellery, roll up any sleeves.
- Keep all work areas clean and tidy; wipe surfaces with anti-bacterial agent. Wipe all spillages up immediately and “clean as you go”.
- When washing up never put sharp instruments into sink to soak – risk of cutting!.
- Check that fridges are running between 0 and 5 degrees centigrade to prevent bacteria growth.



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Basic kitchen hygiene & safety tips

Follow these for clean and safe baking at home...

- Freezers should operate between -18 and -21 degrees centigrade.
- Temperature sensitive foods shouldn't be left out on the sides they should be held in fridge or hot holding cupboard until used.
- Never let raw meat poultry etc. come into contact with cooked meats; when storing in a fridge, raw meat should always be kept on the bottom shelf, cooked meat on the next shelf up, fruit and veg on next shelf and dairy on the top shelf.
- If cooking a hot meal, the core temperature must be above 75 degrees centigrade before serving and the hot holding temperature should not fall under 63 degrees centigrade.



Equipment

You'll need these pieces of equipment to make buns at home...

- Kitchen weighing scales
- A mixing bowl
- A bun tray or muffin tray
- Dinner knife
- Wooden or silicon spoon
- Bun cases or muffin cases



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Ingredients

You'll need these food products to make 12 buns at home...

- 100g caster sugar
- 100g butter or margarine
- 100g self-raising flour
- 2 medium eggs





How to bake buns!



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Step 1

Put the oven on

- The first thing you need to do when baking is put the oven on to pre-heat. This ensures the oven will be up to temperature when you put your scones in to bake and it will therefore cook more evenly and more safely.
- For our buns, please pop the oven on 180°C (160°C for a fan oven) or Gas Mark 7.



Step 2

Butter or margarine

- If you have digital scales, please make sure your scales are “on” and that the “unit” measure is set to grams (g). Place the bowl on the scales and re-set your scale to zero grams “0g”. If you have analogue scales, please make sure the scale is set to “0g” with the bowl on them, prior to weighing the butter.
- You can use butter if you prefer a richer taste, but it isn’t necessary and you can easily use margarine as a cheaper option with buns.
- Weigh out 100g of your butter or margarine.



Step 3

Caster sugar

- Re-set your scales to zero grams “0g”.
- Carefully weigh out 100g of caster sugar in to your bowl. Be careful to add this slowly so you don’t put too much in.



Step 4

Cream the butter & sugar

- Using your wooden/silicon spoon, cream the butter and sugar together in the bowl. This means mixing these two ingredients together until they are a more creamy consistency and the butter sugar mixture has turned a light yellow, almost white colour (please note I have used golden caster sugar, so my mixture is not white, but a beige colour).
- Please make sure you cannot feel the sugar any more when mixing in the bowl before moving to the next step. It might take a little time.



Step 5

Adding the eggs

- Crack your eggs in to your mixture, throw your egg shells in the rubbish bin and now wash your hands. It is important to wash your hands after handling raw egg. For this same reason, you must not lick the spoon or bowl.
- Using your wooden/silicon spoon beat your eggs in to your creamed butter sugar mixture.
- Don't worry if it isn't smooth or looks like it is curdling; we can fix that...



With **all of us** in mind.

Step 6

Self-raising flour

- Re-set your scales to zero grams “0g”.
- Carefully weigh out 100g of self-raising flour in to your bowl. Be careful to pour this slowly so you don’t add too much.
- Mix this in with your egg, butter and sugar mixture (slowly at first) using your wooden/silicon spoon until it is all mixed together and is smooth. Careful not to over-mix it though as it will make your buns all tough instead of light and spongy.



Step 7

Putting the mixture in the cases

- Put one bun case in each of the indents in your bun tray.
- Place enough mixture in to each bun case to half-fill each case. You might find this easier if you use one teaspoon to spoon out the mixture from the bowl and another teaspoon to scrap it off the first spoon in to the bun case.



Step 8

Baking your bus

- Wearing an oven glove, pop your bun tray of buns in the middle of your oven and bake for 15 minutes.
- After 15 minutes, your buns should be golden brown and baked. Yum! To double check they are cooked, using a skewer or cocktail stick, gently poke a couple of the buns in the center. If the skewer comes back out clean then the bun is cooked. If it still has mixture on, your buns will need a few more minutes in the oven.



Step 9

Cooling your buns and decorating

- Wearing an oven glove, take your bun tray out of the oven.
- Ideally, if you have a cooling rack or a grill pan wire rack, carefully (as they will be very hot) remove your buns from the bun tray (still in their cases) and pop them on your cooling rack to cool before eating. It may take about an hour to cool properly if you wish to decorate them.



TRY THIS...

If you want to decorate them, you now can. Try buttercream, glazing, lemon drizzle or sprinkles!

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Have you got any
questions?

Get in touch at:

01924 316946 &

[wakefieldrecoverycollege](https://www.wakefieldrecoverycollege@swyt.nhs.uk)

[@swyt.nhs.uk](https://www.wakefieldrecoverycollege@swyt.nhs.uk)

(we're still here!)



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