**On the menu: Birthday Sponge Cake and Butter cream**

**Sponge Cake:**

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| **Ingredients*** 3 eggs
* Caster sugar
* Butter/ baking butter
* Self-rising flour

**Equipment*** mixing bowl, wooden spoon, muffin cases and a cupcake tray
 | **Method**STEP 1Pre heat oven to 200Weigh the eggs in a mixing bowl in the shells. Write down the number and we will use equal measurements of butter and sugar. STEP 2 Once you have butter and sugar in a bowl cream together until the sugar had dissolved into the butter. STEP 3 Once you have creamed the butter and sugar add the same amount of flour as you did butter and sugar. Once your flour is added crack your eggs in the bowl and mix well. STEP 4Add your mixture to muffin cases and bake in the oven for 10-15 mins. |
| **Plan Ahead****Preparation:** We’ll be making and cooking sponge cakes together with Chef Gavin.If it would help the people you support, there are opportunities to prepare some of the more challenging tasks like weighing the flour before the session. **Managing risk**: We’re frying in the hob and using the oven. So please carful By reviewing the method *(see right hand column)* ahead of the session, you can safely plan these activities in advance. |

 **Butter Cream:**

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| **Ingredients*** 600g icing sugar, sifted
* 300g unsalted or salted butter, softened
* Optional extras
* finely grated lemon zest
* finely grated orange zest

**Equipment*** mixing bowl, wooden spoon
 | **Method**STEP 1Beat 600g sifted icing sugar and 300g butter together with your chosen flavouring and colouring if using, add 2-3 tablespoons of boiling water to loosen and beat until smooth.STEP 2Fill a piping bag with a star nozzle and pipe onto cupcakes or smear in the middle and over the top of a 20cm cake using a palette knife. |

**Top Tips**

* **Put the people you support in control:** Try to give them as many opportunities as possible to independently lead this activity and enjoy the experience of cooking.

If they struggle with some parts, adapt the activity so they can still help make their meal with your support, guidance, and encouragement.

* **Make every moment matter:** Try and make this session fun and engaging. Celebrate successes by give encouragement. Enjoy the sensory experiences of cooking. Engage them in seeing their raw ingredients transform into a delicious meal.
* **Make this the start of something special:** After they’ve completed the recipe, make eating it a special experience! Hopefully, they can enjoy eating lovely home-cooked food. Are there any people they’d like to save some for or to taste it?
* Try this recipe again soon. The more that you practice, the better their cookery skills will develop. You can watch the session again on our activities site.
* **Promoting Life Skills –** What other life skills can this develop? From this activity, you have an opportunity to explore shopping, budgeting, cleaning, setting a table, hosting a meal and more! Use these cookery sessions to inspire further progress.