

BAKE IT BETTER



Kneading



Separating eggs



Folding in

Baking is a combination of ingredients and skills - the more you practise those skills, the better your baking will be.

There are lots of short technique videos online to help you at bbc.co.uk/food

Chaffing - mixing dough to incorporate air without over-working the gluten in the flour.

Folding in - slowly incorporating flour or whisked egg whites into a mixture.

Glazing - lightly coating pastry or dough with beaten egg or milk to give it a golden colour in the oven.

Kneading - working dough to stretch the gluten and activate the yeast. The key to successful bread.

Knocking back - knocking the air out of dough after it's proved.

Proving - leaving dough in a warm place to give the yeast time to work.

Rubbing in - mixing flour and fat together with your fingers until it looks like breadcrumbs.

Separating eggs - separating egg yolks from egg whites. This can be fiddly, but it's useful in lots of recipes.

Zesting and juicing - extracting the zest and juice of citrus fruit to add flavour to baking.

NEXT STEPS

BAKE IT TO THE NEXT LEVEL

The five recipes in this booklet are just the start. Whether you want to celebrate a birthday, help raise money, or keep the kids entertained, there are lots of ways to make the most of your baking skills.

You could start by adapting some of the recipes in this guide. Try adding sultanas to your scones, sprinkle seeds on your loaf, or turn your Victoria Sandwich into a birthday cake.

For lots more baking recipes visit: bbc.co.uk/food

RAISING HUNDREDS AND THOUSANDS

Baking is a great way to raise money for BBC Children in Need, so put your apron on for Pudsey and help make a difference for children across the UK.

Go online for BBC Children in Need posters, fun bunting designs, and fundraising ideas: bbc.co.uk/food/getbaking

Donating money to BBC Children in Need is very easy - find out how at: bbc.co.uk/pudsey

