

Sensory Baking



Recipe Book

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Sensory Baking Explained

This is the first step in the baking journey. Baking is more than just about the food at the end it is about the touch, smell, sight and taste. This is why we have called it sensory baking.

The aim of this is getting the service users engaged.

Increasing their skills

Some of their interests are in baking/cooking

Many often have family memories of baking/cooking

- In each recipe you have each step use this as a guide.
- Each unit should take turns doing sensory baking each month.
- The client's own **task analysis sheet** will guide you as to what steps they can engage in and the steps which they will require assistance.
- Complete each month of the sensory baking programme.
- Congratulate residents on each step of the task and at the end.

Remember most importantly to have fun 😊

***If you enjoy the experience it is likely that service user will
enjoy it also.***

Items needed

- Sieve
- 2x wooden spoons
- Foam Tubing for wooden spoons
- 2x large bowls
- Glass bowl
- Handheld whisk
- Baking tins (muffin and cake)
- Powerlink and switch big buddy button
- Silicone Spatula
- Measuring cup set
- Food blender

All these items are common to the recipes and should be kept in a box in the CNM2 office so that all units can access

Basic muffin recipe



Nutrition: per muffin

| kcal | fat | saturates | carbs | sugars | fibre | protein | salt |
|------|-----|-----------|-------|--------|-------|---------|------|
| 205 | 9g | 2g | 28g | 13g | 1g | 3g | 0.5g |

Ingredients

- 2 medium eggs
- 125ml vegetable oil ½ cup
- 250ml semi-skimmed milk 1 cup
- 250g golden caster sugar 1.2 cups
- 400g self-raising flour (or same quantity plain flour and 3 tsp baking powder) 3.2 cups
- 1 tsp salt
- Other ingredient combinations
 - Cocoa Powder
 - Lemon juice
 - Fresh Strawberries
 - Fresh Blueberries
 - Fresh Raspberries
 - Fresh oranges
 - Stewed apples and cinnamon
 - Banana (mushed)
 - Sultanas
 - Chocolate chips

Method

1. **Heat** oven to 200C/180C fan/gas 6.
2. **Line** 2 muffin trays with paper muffin cases.
3. **Whisk** In a large bowl beat 2 medium eggs lightly with a handheld electric mixer for 1 min.
4. Measure oil and milk
5. **Pour** vegetable oil and semi-skimmed milk to eggs
6. **Whisk** until just combined then add 250g golden caster sugar and whisk until you have a smooth batter.
7. **Measure** flour and salt
8. **Sift** in 400g self-raising flour and 1 tsp salt
9. **Mix** until just smooth. Be careful not to over-mix the batter as this will make the muffins tough.
10. **Stir in other Ingredients (See above)**
11. **Fill** muffin cases two-thirds full
12. **Bake** for 20-25 mins, until risen, firm to the touch and a skewer inserted in the middle comes out clean.
13. Leave the muffins in the tin to cool for a few mins
14. Place on a wire rack to cool completely.

MICROWAVE MUG CAKE



Ingredients

- 4 tbsp self-raising flour
- 4 tbsp caster sugar
- 2 tbsp cocoa powder
- 1 medium egg
- 3 tbsp milk
- 3 tbsp vegetable oil or sunflower oil
- a few drops of vanilla essence or other essence (orange or peppermint work well)
- 2 tbsp chocolate chips, nuts, or raisins etc (optional)

Method

1. **Pour** 4 tbsp self-raising flour, 4 tbsp caster sugar and 2 tbsp cocoa powder to the a small bowel
2. **Mix** using handheld whisk (power link and switch can be used here)
3. **Crack** 1 medium egg into the mix
4. **Mix** using handheld whisk (power link and switch can be used here)
5. **Pour** the 3 tbsp milk, 3 tbsp vegetable oil and a few drops of vanilla essence
6. **Mix** using handheld whisk (power link and switch can be used here)
7. Optional Add extra ingredients like chocolate chips etc.
8. Centre your mug in the middle of the microwave oven and cook on High for 1½ -2 mins, or until it has stopped rising and is firm to the touch.

BETTY CROCKER RANGE



- Utilize this range as all the ingredients are measured out which the residents are currently unable to be involved in.
- Other ingredients such as oil, egg and water are nice for the residents to pour into the mix.
- However add an extra step which is not in the instructions of using a sieve to **sift the flour** as this is a great step for the residents to get involved in even just to see the flour going into the mix.

OTHER QUICK ITEMS

To utilise their skills and get them involved in making and preparing food



Making a milkshake

- Pouring the ingredients (strawberry , coca powder etc.)into the blender
- Pouring milk into the blender
- Using switch to operate the blender



Making smoothie

- Pouring the ingredients (strawberry , coca powder etc.)into the blender
- Pouring ice into the blender
- Using switch to operate the blender



Making Jelly

- Pouring the water
- Hand over hand stirring

Sensory Baking Group

Dish:

Date:

| Name | Overall Participation | Line Tray | Whisk | Mix | Pour | Sift | Taste |
|------|-----------------------|-----------|-------|-----|------|------|-------|
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Signed : _____