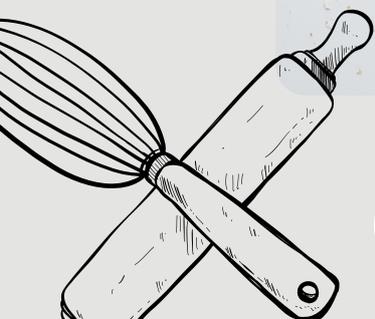


Time TO BAKE

Enjoy these hand picked fun baking ideas by **apetito**



TRADITIONAL BAKED DOUGHNUTS

Donut worry, be happy! Let's bake some delicious doughnuts together!

Making baked doughnuts is a fun and engaging activity that can promote socialisation, teamwork, and sensory stimulation for participants. It also offers a sense of accomplishment, as people can see and taste what they have made, which can boost their mood and overall wellbeing.



INSTRUCTIONS:

Making the doughnuts:

1. Preheat your oven to 180°C and grease a doughnut pan with cooking spray.
2. In a large mixing bowl, combine the flour, baking powder, baking soda, salt and nutmeg.
3. In a separate bowl, whisk together the caster sugar, egg, milk, vegetable oil and vanilla extract.
4. Add the wet ingredients to the dry ingredients and mix until just combined.
5. Spoon the batter into the greased doughnut pan, filling each mould about 2/3 full.
6. Bake in the preheated oven for 10-12 minutes, or until the doughnuts are golden brown and a toothpick inserted into the centre comes out clean.
7. Remove the pan from the oven and let it cool for a few minutes before removing the doughnuts from the pan and transferring them to a wire rack to cool completely.
8. Once cooled, you can add a glaze or coat the doughnuts in cinnamon sugar if desired.
9. Serve and enjoy!

Recipe top tips:

Plan ahead: Make sure you have all the necessary ingredients and equipment before starting the activity. Assign tasks to residents based on their abilities, and provide any necessary assistance.

Safety first: When working with hot oil or a hot oven, it's important to take

appropriate safety precautions. Make sure residents are wearing protective clothing and non-slip shoes, and that the work area is well-ventilated. Be extra careful when using hot oil or a hot oven, and supervise residents closely.

Customise the recipe: Consider customising the recipe with a variety of toppings and glazes.

Engage the senses: Encourage residents to engage their senses by touching, smelling, and tasting the dough and ingredients. This can help make the activity more enjoyable and stimulating.

Ensure that you promote meaningful discussion during the recipe making.

A few discussion topics to get you started:

- **Memories of baking and cooking:** Encourage residents to share memories of baking or cooking from their own lives. They could talk about their favourite recipes, family traditions, or special occasions when they baked something memorable.
- **Personal preferences:** Ask residents about their personal preferences when it comes to doughnuts. They could share their favourite types of doughnuts, toppings, or glazes, or talk about any dietary restrictions they may have.



YOU WILL NEED:

Utensils:

- Doughnut pan
- Mixing bowls (at least 2)
- Whisk or hand mixer
- Measuring cups and spoons
- Spatula or wooden spoon
- Wire cooling rack
- Cooking spray
- Oven mitts or heat-resistant gloves
- Toothpicks or cake tester for checking doneness
- Optional: piping bag or ziplock bag for adding glaze or toppings

Ingredients:

- 250g plain flour
- 1 tsp baking powder
- 1/4 tsp baking soda
- 1/2 tsp salt
- 1/4 tsp ground nutmeg
- 100g caster sugar
- 1 large egg
- 120ml whole milk
- 60ml vegetable oil
- Cooking spray
- 1 tsp vanilla extract

MINI ANGEL CAKES

Indulge in the delightful pleasure of baking with these irresistible mini angel cake slices!

The activity promotes social interaction, allowing participants to share recipes, engage in discussions, and appreciate each other's creations. Participants can express their individuality and creativity through personalising and decorating their mini angel cakes, fostering a sense of accomplishment and boosting self-esteem.



INSTRUCTIONS:

Making the Mini angel Cakes:

1. Preheat the oven to 180°C/160°C fan/gas mark 4. Grease the mini angel cake tins or muffin tins.
2. In a mixing bowl, cream together the softened butter and caster sugar until light and fluffy.
3. Add the eggs, one at a time, beating well after each addition. Stir in the vanilla extract.
4. Sift the self-raising flour and salt into the bowl. Fold the dry ingredients into the batter until well combined but be careful not to overmix.
5. Spoon the batter into the prepared mini angel cake tins or muffin tins, filling each cavity about two-thirds full.
6. Bake in the preheated oven for approximately 15-20 minutes or until the cakes are golden brown and a toothpick inserted into the centre comes out clean.
7. Once baked, remove the cakes from the oven and let them cool in the tins for a few minutes. Then transfer them onto a cooling rack to cool completely.
8. While the cakes are cooling, whip the double cream until soft peaks form.
9. Once the cakes have cooled, gently slice off the top portion of each cake. Spread or pipe a dollop of whipped cream on top of the bottom layer and place the top layer back on.

10. Garnish the mini angel cakes with assorted fruits and berries.

Recipe top tips:

- Involve participants in measuring and mixing the ingredients, encouraging them to take turns and assist each other when needed.
- Prioritise food hygiene and safety, reminding participants to wash their hands thoroughly before and during the activity, and ensuring that work surfaces and utensils are clean.

Recipe variations:

- Offer variations to the basic mini angel cake recipe, such as adding cocoa powder for chocolate-flavoured cakes or incorporating different extracts like almond or lemon. This allows participants to experiment with flavours and discover their preferences.

Decorate and personalise:

- Provide a variety of decorative items such as edible glitter, coloured icing, sprinkles, or edible flowers.
- Encourage participants to personalise their mini angel cakes with their chosen decorations, allowing them to express their creativity and make their cakes unique.

INSTRUCTIONS:

A few discussion topics to get you started:

- What are some of your favourite fruits or berries to use as toppings?
- Do you have any special memories associated with these ingredients?
- Have you ever attended a tea party or celebration where angel cakes were served? What was the occasion and how did it make you feel?
- Can you share any family recipes or baking tips that have been passed down through the generations?
- What are some creative ways to present or decorate mini angel cakes for different occasions?

YOU WILL NEED:

Utensils:

- Mixing bowl
- Electric hand mixer or whisk
- Mini angel cake tins or muffin tins
- Cooling rack
- Knife or palette knife for frosting

Ingredients:

- 125g self-raising flour
- 125g caster sugar
- 125g unsalted butter, softened
- 2 large eggs
- 1 tsp vanilla extract
- A pinch of salt
- 125ml double cream
- Assorted fruits and berries for garnish

HOW TO MAKE CHEESE AND TOMATO TWISTS

Twist and bake whilst creating delicious moments together!

Getting people together to create these cheese and tomato twists will promote sensory engagement and social interaction. Participants will feel empowered as they follow instructions to make this tasty snack and receive a sense of accomplishment once it is created.



INSTRUCTIONS:

Making the cheese and tomato twists:

1. Preheat the oven to 200°C (180°C fan-assisted or Gas Mark 6).
2. Unroll the puff pastry onto a lightly floured surface. If necessary, use a rolling pin to gently roll it out to a rectangular shape.
3. Spread the tomato paste evenly over the pastry, leaving a small border around the edges.
4. Sprinkle the grated cheese and dried oregano over the tomato paste.
5. Starting from one of the longer edges, carefully roll up the pastry into a tight log. Slice the log into approximately 1.5 cm wide twists.
6. Place the twists onto a baking tray lined with baking parchment, spacing them apart.
7. Brush the twists with beaten egg using a pastry brush. This will give them a golden and shiny appearance when baked.
8. Bake in the preheated oven for about 12-15 minutes or until the twists are puffed up and golden.
9. Remove from the oven and allow the twists to cool slightly before serving.

Ensure that you promote meaningful discussion during the recipe making.

A few discussion topics to get you started:

- What is your favourite type of cheese, and why?
- Have you ever tried making your own pastry before? What was your experience like?

- Do you have any memories associated with the smell or taste of tomatoes?
- Can you think of other ingredients that would go well with cheese in a pastry twist?

To enhance the session, provide additional ingredients or toppings, such as herbs, spices, or different types of cheese, allowing participants to personalise their twists. This promotes creativity and allows participants to tailor the recipe to their preferences.

Recipe top tips:

- Encourage people to participate in rolling out the pastry and spreading the tomato paste. This can be an opportunity for them to engage in sensory experiences.
- Ask participants to take turns sprinkling the grated cheese and dried oregano on the pastry. This can promote teamwork and coordination.
- Provide participants with safe and easy to-handle utensils, such as rolling pins with handles or small spatulas, to assist them during the activity.
- Ensure that the oven is handled by a staff member or someone capable of operating it safely.
- Remind participants to be cautious when using knives or pizza cutters, and provide assistance if needed.
- Be mindful of any allergies or dietary restrictions among the participants. Adapt the recipe accordingly, substituting ingredients as necessary.

YOU WILL NEED:

Utensils:

- Baking tray
- Baking parchment
- Pastry brush
- Rolling pin
- Knife or pizza cutter

Ingredients:

- 320g ready-rolled puff pastry
- 100g grated cheese (cheddar or your preferred cheese)
- 4 tablespoons tomato paste
- 1 teaspoon dried oregano
- 1 egg, beaten (for egg wash)

NO BAKE CHOCOLATE OAT COOKIES

These simple chocolate oat cookies provide a unique twist on a tasty classic!

Join us on a culinary escapade as we whip up these delightful No-Bake Chocolate Oat Cookies! By involving participants in every step of the activity, from reading the recipe to shaping the cookies, you're promoting empowerment, social interaction, and sensory stimulation in a meaningful way.



INSTRUCTIONS:

1. Gather the participants and together **Top Tips for Activity Delivery:** read through the recipe. Discuss where the ingredients can be found •Ensure all ingredients and utensils and consider options for are safely accessible and appropriate personalisation, such as adding nuts for use by the participants. or dried fruit.
•Provide clear and simple instructions,
2. Measure out the granulated sugar, breaking down each step of the margarine or butter, low-fat milk, recipe to make it manageable for baking cocoa, and oats. Ensure all everyone. ingredients are within easy reach of the participants. •Encourage participants to take turns stirring the mixture and forming the
3. In a large saucepan over medium cookies, promoting teamwork and heat, combine the granulated sugar, collaboration. margarine or butter, low-fat milk, and baking cocoa. Stir continuously until •Allow for personalisation by offering the mixture comes to a boil.optional add-ins such as chopped nuts, dried fruit, or coconut flakes.
4. Once boiling, let the mixture boil for 1 minute, stirring constantly. This step **Personalization Ideas:** ensures that the sugar dissolves and the mixture thickens slightly. •Add 50-100g of chopped nuts, such as almonds or peanuts, for extra
5. Remove the saucepan from the heat. crunch and flavour. Stir in the oats until well combined. This is where participants can get •Stir in 50-100g of dried fruit, such as involved, stirring the mixture and raisins or cranberries, for a sweet adding the oats gradually.and tangy twist.
6. Using a spoon or cookie scoop, drop •Sprinkle shredded coconut on top of spoonful's of the mixture onto wax the cookies before they set for a paper or parchment-lined baking tropical touch. sheets. Let the participants shape the cookies to their desired size, •By involving participants in every encouraging creativity.step of the activity, from reading the recipe to shaping the cookies, you're
7. Allow the cookies to cool and set at promoting empowerment, social room temperature for about 30 interaction, and sensory stimulation minutes or place them in the in a meaningful way. refrigerator for quicker setting. Once set, the cookies are ready to be enjoyed.

YOU WILL NEED:

Ingredients:

- 400g granulated sugar
- 115g margarine or butter (approximately 8 tablespoons or 1 stick)
- 120ml low-fat milk
- 80g baking cocoa
- 240g oats (quick or old-fashioned, uncooked)

Utensils:

- Large Saucepan: For heating and mixing the ingredients.
- Stirring Spoon or Spatula: To stir the mixture continuously while it's boiling.
- Measuring Cups and Spoons: For accurately measuring the ingredients, including sugar, margarine or butter, milk, cocoa, and oats.
- Scoop or Spoon: For portioning out the cookie mixture onto the wax paper or parchment-lined baking sheets.
- Wax Paper or Parchment Paper: To line the baking sheets and prevent the cookies from sticking.
- Baking Sheets: To place the portioned cookie mixture for cooling and setting.
- Optional: Cooling Rack: For quicker cooling of the cookies once they're formed.