

APPLE CRISP

Equipment:

pyrex casserole dish
metal spatula
rubber spatula
custard cup
vegetable peeler

wooden spoon
measuring spoons
dry measuring cups
metal spatula
medium mixing bowl
paring knife

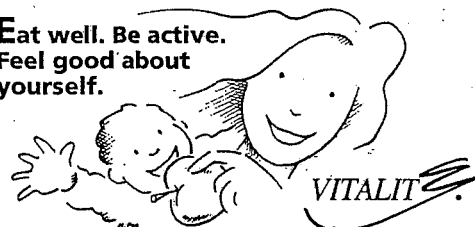
Method:

1. Preheat oven to 190° C (375° F).
2. Lightly spray casserole dish.
3. Wash, peel, core, and thinly slice apples. Place in prepared casserole dish.
4. In a custard cup, mix the sugar and cinnamon. Sprinkle this mixture as well as water over apples.
5. In a medium bowl, combine flour, rolled oats, brown sugar.
6. With a wooden spoon, cream margarine into the rolled oats mixture until the flour is blended thoroughly. Mixture should be brown in colour and margarine should be the size of peas.
7. Sprinkle the crumb topping over the apples.
8. Bake for 25 minutes or until the apples are tender and the topping is golden brown and crisp.

Ingredients:

cooking spray
2 small apples
5 mL sugar
1 mL cinnamon
10 mL water
35 mL flour
50 mL rolled oats
25 mL brown sugar
25 mL margarine

**Eat well. Be active.
Feel good about
yourself.**



Date: _____ Period: _____ Full Name: _____

CHOCOLATE CHIP COOKIES

INGREDIENTS:

175mL Flour
1mL Baking Soda
80mL Butter
40mL Sugar
80mL Brown Sugar
½ mL Salt
3mL Vanilla
½ Egg
125mL Semisweet Chocolate Chips

EQUIPMENT:

DIRECTIONS:

1. PREHEAT OVEN (350°F).
2. In a small bowl, whisk together the flour and baking soda. Set aside.
3. In a medium bowl, cream butter with both sugars until light and fluffy. Add salt, vanilla and egg. Mix until well combined.
4. Add flour mixture to butter mixture until just combined.
5. Stir in chocolate chips.
6. Drop a heaping spoonful of dough about 2 inches apart on the baking sheets lined with parchment paper.
7. Bake until cookies are golden around the edges, but still soft in the centers (approximately 8-10 minutes). Transfer to a cooling rack and let cool completely.

RAISIN SCONES

INGREDIENTS

- 2 cups flour
- 30 mL sugar
- 5 mL baking powder
- 2 mL salt
- ~~100 mL~~ 75 butter
- 1 egg (SAVE A LITTLE TO BRUSH THE TOP WITH)
- 200 mL milk
- 125 mL raisin
- Extra 15 mL sugar (keep separate!)

EQUIPMENT

- Equipment Tray
- 2 Custard cups
- Measuring Equipment
- Metal spatula
- Fork
- Spoon
- Mixing Bowl
- Chopping Board
- Cookie sheet
- Rolling Pin
- Parchment Paper
- * Pastry Blender (optional)

DIRECTIONS

1. Prepare for the lab BARHSCHEP.
2. Preheat the oven to 425°F
3. Set up your cutting board with a wet cloth under it.
4. Mix together the flour, sugar, baking powder and salt using a fork.
5. Toss in raisins.
6. With your FINGERS, smooch the butter into little pieces (coat these pieces with flour).
7. Beat the egg in a custard cup. Set aside 1/4 of it.
8. Add the remainder of the egg and milk to the flour mixture. MIX GENTLY.
9. Roll the dough into a circle and cut into 6-8 pieces.
10. Place on parchment paper lined baking sheet and brush with egg and sprinkle with sugar.
11. Bake for 10-12 minutes.