

Before You Begin

There is no better way to learn than when it feels like it is happening naturally. That's why cooking together is such a wonderful shared experience. While you are following this step-by-step recipe, opportunities to talk and learn will simply present themselves. You can:

-  talk about the shapes, textures, flavours and colours of food,
-  talk about different varieties of food and search for food groups,
-  learn new vocabulary to describe preparing and cooking food,
-  play language games with each letter of the alphabet.

Conversion tables

We have used celsius temperatures and metric measurements in this recipe. Use these tables if you need to convert measurements to suit your cooking equipment.

Oven Temperature			Liquids		Solids	
Celsius	Fahrenheit	Gas Mark	Metric	Imperial	Metric	Imperial
110°C	225°F	1/4	5 ml	1 tsp	25 g	1 oz
120	250	1/2	15 ml	1 tbsp	50 g	2 oz
140	275	1	20 ml	4 tsp	125 g	4 oz
150	300	2	25 ml	1 fl oz	225 g	8 oz
160	325	3	50 ml	2 fl oz	350 g	12 oz
180	350	4	150 ml	1/4 pint	400 g	14 oz
190	375	5	200 ml	7 fl oz	450 g	1 lb
200	400	6	300 ml	1/2 pint	700 g	1 1/2 lb
220	425	7	450 ml	15 fl oz	900 g	2 lb

Preheating - Before you put food in the oven, always make sure it is at the correct cooking temperature.

Safety



- Always supervise young children in the kitchen.
- Where sharp knives, blenders or high temperatures are required, an adult should step in. A young child should not do these steps.
- Always wear an apron and tie back long hair when cooking.

Hygiene



- Wash your hands when preparing food.
- Wash all fruit and vegetables thoroughly.
- Be clean and tidy in the kitchen. Wash up as part of the activity.
- Use separate chopping boards for meat and vegetables.
- Store cooked and raw food separately.

Polar Bear Cupcakes

You will need

Equipment

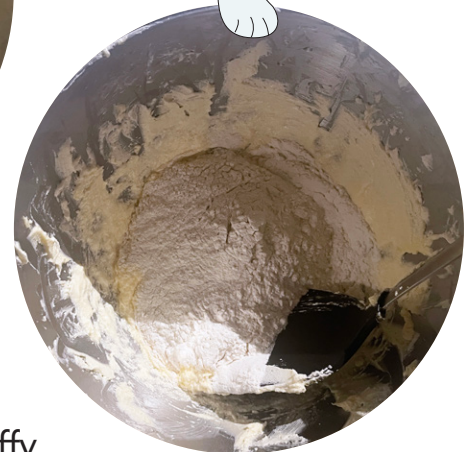
- Muffin tin
- 12 muffin cases
- Large bowl
- Spatula

Cake ingredients

- 130g butter, softened
- 130g caster sugar
- 130g self-raising flour
- 2 large eggs, lightly beaten

To decorate

- 125g icing sugar
- 15ml water
- 500g white fondant icing
- 75g desiccated coconut
- 50g black fondant icing



Instructions

1. Preheat the oven to gas mark 4, 180°C, fan 160°C.
Line a muffin tin with 12 muffin cases.
2. Beat the butter and sugar together until pale and fluffy.
3. Add the eggs one at a time, making sure to mix well between each.
4. Fold in the flour with your spatula (drawing a number eight shape in the mixture).
5. Divide the mixture evenly between the 12 cases.
6. Bake for 16-18 minutes until golden. Take the cakes out of the tin and leave them to cool completely.
7. To make the icing, add the icing sugar and the water together and stir until combined. It should be nice and thick to use as glue, so if it's runny then add more icing sugar.



(Continued overleaf)



8. Roll out two thirds of the white fondant icing and cut out 12 circles using a cutter a similar size to the cupcakes.
9. Spread a little of the icing on the top of each cupcake and then put a circle of fondant icing onto each one. Pinch two points at one edge of the circle to create the polar bears ears.
10. Brush water onto the fondant and then dip the cake into a dish of desiccated coconut so it's covered. This makes the polar bear nice and fluffy!
11. Roll some small black fondant balls and use icing to stick it to the cake. This is the bear's nose.
12. Create some small circles with the white fondant, two for each cake. Then add some smaller circles of black fondant to the centre of them. These will be the eyes! Stick those to the cake with icing.
13. Enjoy your polar bear cupcakes!

