All-in-One & Creaming Method of Cake Making

The Creaming Method
The creaming method is used for cakes that have the same amount of sugar and margarine as flour.

The cakes made using the creaming method are called 'rich cakes' because they have a high fat content, thus they keep fresh for longer.

Since creamed cakes have a high fat and sugar content, it is important to try and modify the recipes by reducing the amount of sugar and margarine so as to make them healthier.

The All-in-One Method
The all-in-one method, like the creaming method, is used for cakes that have the same amount of sugar and margarine as flour. The cakes made with the all-in-one method are also called 'rich cakes'.

The difference between the creaming and all-in-one method, is that the latter is done by simply sieving the flour into a bowl and then adding all the other ingredients. The ingredients are beaten together with a wooden spoon until the mixture is light-coloured and fluffy.

The all-in-one method is quicker and simpler than the traditional creaming method and it is easier to achieve better results. A food mixer can be used for the all-in-one method so as to save time and energy.
### Ingredients Needed for the All-in-One / Creaming Method

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self-raising flour</td>
<td>This flour has baking powder added to it which helps the cakes to rise.</td>
</tr>
<tr>
<td>Soft margarine</td>
<td>The soft margarine is the margarine found in tubs. It is very easy to cream.</td>
</tr>
<tr>
<td>Castor sugar</td>
<td>This is better than granulated sugar (normal sugar added to tea) because it has smaller crystals which blend easy into the mixture.</td>
</tr>
<tr>
<td>Eggs</td>
<td>Eggs should be taken out of the refrigerator at least one hour before used. This is because if they are chilled, they do not whisk well.</td>
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### Important Terms

1. **Creaming**

   When creaming the margarine and the sugar, it is important to smudge the margarine to the sides of the bowl with the back of a wooden spoon. Then, using the **figure of 8**, the margarine and the sugar
are creamed together until **light and fluffy**. A pale yellow colour should be achieved and no sugar granules should be seen.

Throughout the creaming process, **air** is added which acts as a raising agent for the cakes.

2. **Whisking the eggs**

When eggs are whisked, **air** is also added. The whisked eggs are then added **gradually** to the creamed mixture.

3. **Curdling**

Curdling occurs when the eggs are added to the creamed mixture all at once. When curdling takes place, the mixture **separates into lumps** because there is more liquid than the fat can hold.

4. **Folding-in**

Flour is added to the mixture using a **metal spoon**. When folding-in, the flour is sprinkled onto the mixture and folded-in using a North-South-West-East pattern. Folding-in is done gently so as not to break the air cells produced during creaming and whisking.

5. **Pouring mixture into paper cups**

This is done by using **two tablespoons** - one tablespoon is used to pick the mixture from the bowl and the other
is kept exactly underneath so as to prevent any spills. With the back of this tablespoon, the mixture is spooned off into the paper cup.

**Hint:** Using an ice-cream scoop can make this task much easier and less messy!

### Nutritional value of Creamed Cakes

The all-in-one / creaming method is the least healthy method of cake making. This is because it uses a high amount of fat and sugar. Try to modify the recipe by reducing the amount of sugar and margarine.

Creamed cakes are very rich in fat (from the margarine) and in carbohydrates (mainly from sugar and flour).

**What can be done with the creaming / all-in-one method?**

- Victoria Sandwich Cake
- Vanilla cupcakes
- Muffins (banana, strawberry, blueberry, raspberry etc…)
- Lemon cake
- Red velvet cake
- Chocolate cake

### Utensils needed

<table>
<thead>
<tr>
<th>2 Mixing bowls</th>
<th>Sieve</th>
<th>Wooden spoon</th>
<th>Tablespoon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fork</td>
<td>Cake tin/ Bun tin</td>
<td>Scraper</td>
<td>Cooling tray</td>
</tr>
<tr>
<td>Greaseproof paper</td>
<td>Scissors</td>
<td>Pastry brush</td>
<td>Skewer</td>
</tr>
</tbody>
</table>
Victoria Sandwich Cake

Ingredients for the cake:
200g self-raising flour
150g soft margarine
150g sugar
3 eggs
½ tsp vanilla extract

Ingredients for the filling:
250g ricotta
1 tbsp sugar
½ tsp vanilla extract
45g nuts e.g. pistachios
Some strawberries

Sugar, margarine and flour should be added in the same proportion however, the recipe was modified to make it healthier by reducing the amount of sugar and margarine.

Method:
1. Pre-heat the oven to 180°C, gas mark 4.
2. Sieve the flour into a small mixing bowl and set aside.
3. Put the margarine into a large mixing bowl and add the sugar. Cream the margarine and the sugar using a large wooden spoon until the mixture turns a pale yellow and becomes light and fluffy.
4. Crack the eggs in a basin and whisk with a fork. Add the beaten eggs a little at a time to the creamed mixture to avoid curdling.
5. Gently fold-in the flour into the creamed mixture.
6. Divide the mixture into two greased sandwich tins. Smooth the surface with a spatula and bake in a pre-heated oven for about 20 minutes until golden brown and until the skewer comes out clean.
7. Turn onto a cooling rack and cool completely.
8. Prepare the filling. Combine the ricotta, sugar, vanilla and pistachios. Wash and chop the strawberries and add to the mixture.
9. Invert one cake layer onto a plate. Spread the filling mixture and put the other cake layer on top. Serve and enjoy!
Fairy Cakes

**Ingredients:**

- 200 self-raising flour
- 150g soft margarine
- 150g sugar
- 3 eggs
- ½ tsp vanilla extract

**Method:**

1. Pre-heat the oven to 180°C, gas mark 4.
2. Sieve the flour into a small mixing bowl and set aside.
3. Put the margarine into a large mixing bowl and add the sugar. Cream the margarine and the sugar using a large wooden spoon until the mixture turns a pale yellow and becomes light and fluffy.
4. Crack the eggs in a basin and whisk with a fork. Add the beaten eggs a little at a time to avoid curdling.
5. Gently fold-in the flour into the creamed mixture.
6. Pour the mixture into a lined bun tin.
7. Bake at 180°C, gas mark 4 for 10-15 minutes or until a skewer comes out clean.

**Decoration ideas:**

You can decorate the Victoria Sandwich Cake with:

- Dusted icing sugar
- Whipped fresh cream
- Fresh fruit

You can add your favourite ingredients, such as:

- Cherries or mixed berries
- Coconuts
- Raisins
- Mixed fruit
Fairy Cakes using the All-in-One Method

If you wish to make the fairy cakes with the all-in-one method, you will use the same ingredients and follow this process.

**Method:**

1. Pre-heat the oven to 180°C, gas mark 4.
2. Weigh and sieve the flour. Put in the food mixer.
3. Add the margarine and the sugar. Add the eggs.
4. Mix at medium/full speed in the food mixer, using the K-beater.
5. At half-way, use a scraper to remove the mixture from the sides.
6. Pour the mixture into a lined bun tin.
7. Bake for 10-15 minutes, until a skewer comes out clean.

**Decorating the Fairy Cakes with Whipped Cream**

1. Pour the cream into the mixing bowl of the food mixer.
2. Mix well using the balloon whisk attachment until the cream becomes thick.
3. Put the mixture in a piping bag and decorate the fairy cakes.

**Attachments of a Food Mixer**

<table>
<thead>
<tr>
<th>Attachment</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>K Beater</td>
<td>This is used to cream sugar and butter and to mix ingredients.</td>
</tr>
<tr>
<td>Balloon Whisk</td>
<td>This is used to mix cakes and to foam eggs.</td>
</tr>
<tr>
<td>Dough Hook</td>
<td>This is used to make doughs.</td>
</tr>
</tbody>
</table>
## Common Faults when Making Cakes

<table>
<thead>
<tr>
<th>Fault</th>
<th>Cause</th>
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<tbody>
<tr>
<td>Cake peaks in the middle and cracks</td>
<td>This could be because too much raising agent has been used, the cake tin was too small or the oven temperature was too high.</td>
</tr>
<tr>
<td>Cake is overcooked and thin</td>
<td>This happens because cake tin is too big.</td>
</tr>
<tr>
<td>Cake is burnt on top, but uncooked in the centre</td>
<td>The cake tin was too small, or the oven temperature was too high.</td>
</tr>
<tr>
<td>The cake is very dense</td>
<td>This could be because the cake mixture didn’t have enough air beaten into it or perhaps eggs were added too quickly and curdled. Another reason could be that there wasn’t enough raising agent.</td>
</tr>
<tr>
<td>The cake has a gooey centre</td>
<td>The cake wasn’t cook long enough.</td>
</tr>
<tr>
<td>The cake has sunk in the middle</td>
<td>There are a number of reasons why this might have happened. The oven door was opened before the cake had time to set; the cake didn’t go in the oven as soon as the mixture was ready; or too much raising agent was used.</td>
</tr>
<tr>
<td>The sides of the cake are too crunchy or burned</td>
<td>There are quite a few reasons you could end up with this result. It could be that too much fat has been used to grease the tin; the cake tin wasn’t lined sufficiently; the oven was too hot; the cake was left in the oven for too long or a fat that is not suitable for baking has been used.</td>
</tr>
</tbody>
</table>

**Hint:** Do not open the oven while the cake is baking. This is because the temperature inside the oven will drop, and as a result the cake may sink. Resist the urge!