



# ROCK CAKES



**Equipment** – Mixing bowl, baking tray, palette knife, measuring spoons, chopping board, chef's knife, 2 x teaspoons

*In pairs*

## Ingredients –

100g self raising flour  
50g butter  
50g chocolate  
35g soft brown sugar  
¼ tsp, baking powder  
5 – 6 tbsp. egg/ milk mix

### Nutrition

Butter- high in fat  
Flour- carbohydrates  
High in sugar.  
Chocolate- iron

### Modification for a Healthy Diet

Reduce amount of sugar and  
use wholemeal flour.

## Method –

- 1 Preheat** oven 180°C.
- 2 Chop** chocolate into small shards.
- 3 Rub** the butter into the flour and baking powder.
- 4 Add** the sugar and chocolate into the flour mix
- 5 Add** 5 or 6 tablespoons of the egg mix, stir with the palette knife until it sticks together.
- 6 Place** 1 heaped teaspoon of the mixture evenly onto the baking tray, you will get 10 rock cakes from this.
- 7 Bake** for 15 minutes or until browned.
- 8 Place** in your container.