

RECIPE TIMING EXAMPLE



Banana and Chocolate Chip Cake

Method

1. Combine the egg, spices and banana in a large bowl and mix well. Sieve the flour and fold into the mixture, then add the oats and chocolate chips.
2. Use fry light or vegetable oil to grease a 1 lb. loaf tin or a small deep baking tray and line with parchment paper. Pour in mixture and level the surface.
3. Bake in the middle of the oven at 190C (gas mark 5) for 35–40 minutes. Allow the bread to cool for 15 minutes and turn out on to wire rack. Serve warm or cold.

TIMING	STEP	HELPERS	ACHIEVED?
12:00	Switch on oven 190°C. Wash hands.	A.B. Everyone	✓
12:00 – 12:15	Collect in all equipment and ingredients needed and place on centre table.	V.A. and F.N.	✓
12:15 – 12:20	Crack eggs into big bowl. Peel banana break into pieces and put into another bowl. Mash banana with a fork.	S.F. F.H.	✓
12:20 – 12:25	Put banana into bowl with eggs and add spices. Mix together with wooden spoon. Weigh out flour.	V.A. A.B.	✓
12:20 – 12:30	Sieve flour into bowl with eggs and banana. Weigh out oats and chocolate chips.	F.N. A.B.	✗ ✓
12:30 – 12:35	Mix oats and chocolate chips into mixture with flour, eggs and banana. Stir until well combined. Grease tin with oil using hands. Wash hands. Line baking tray with parchment.	F.H. S.F. A.B.	✗ ✓ ✓
12:35 – 12:40	Pour mixture into tin. Make sure the surface is all the same height. Use a spatula to help.	V.A.	✓
12:40	When oven is preheated, place in the middle of the oven.	A.B.	✓
13:15	Remove bread from oven with oven gloves. Check if the bread is cooked by inserting a skewer and seeing if it	A.B. and F.N.	✓