Raspberry and White Chocolate Muffins

Written by: Joe West **Commenced on:** 8 Mar 2022 **Expires:** 8 Jun 2023

Classes for which practical is required

Teacher: Tina Jones **Year Group:** 9

Room	Period	Date
402	3	Thu 31/3/22

Frozen raspberries can be allowed to thaw.
Please include milk from fridge just before prac.

Items to be prepared by food tech assistant

2 1/2 cups (375g) self-raising flour
3/4 cup (150g) caster sugar
2/3 cup white choc chips
250ml milk
125g butter
1 teaspoon vanilla essence
1 egg
150g frozen raspberries (or blueberries)

Procedure or reference, including variations

1. Sift the flour into a large bowl. Add the caster sugar and the choc chips and stir to combine.
2. Combine the melted butter, the whisked egg, the vanilla essence and the milk in a large jug.
3. Make a well in the centre of the dry ingredients and pour the milk mixture in. Using a large metal spoon, mix ONLY until the ingredients are just incorporated. (Too much mixing results in a tough and chewy muffin).
4. Add the berries and gently fold through.
5. Spoon the mixture into the prepared muffin cases and bake for 20-25 minutes (large muffins) or 15-18 minutes (mini muffins). Test with a skewer to see when they are cooked through.

Serve warm or cold. They freeze well to use as part of school lunches.

Equipment to be used

metal fork

Potential hazards
Sharp tines may cause puncture wounds.

heatproof gloves

Standard handling procedures
Do not use heatproof gloves containing asbestos.

plastic measuring jug

paper patty case

Potential hazards
Flammable.

Standard handling procedures
Avoid contact with an ignition source.

stainless-steel saucepan (stainless steel pot)

Potential hazards
May cause burns when hot.

Standard handling procedures
Check handle is firmly attached prior to use.

stainless steel spoon

Potential hazards
Spoons should not be shared between students when used for eating food, due to the possibility of spreading infection. Spoons that have been in contact with chemicals should not be used for food, due to the possibility of cross-contamination.

metal skewer

Potential hazards
May cause puncture wounds due to sharp point. May

cause eye injury. Skewer forced up nose may cause brain injury and death.

stainless-steel mixing bowl

muffin tray

Potential hazards
Hot tray from oven may cause burns.

Standard handling procedures
Use insulated gloves to remove tray from oven.

stainless-steel measuring cup set

stainless-steel measuring spoon set

mesh sieve (drum sieve)

Standard handling procedures
Take care to remove particles stuck in the mesh during cleaning.

fan-forced oven

Potential hazards
Hot oven or objects heated in oven may cause burns if touched.

Standard handling procedures
Check for electrical safety each time before use. Test and tag at regular intervals.

Food to be used

white chocolate

Potential hazards
ALLERGY ALERT. May cause allergic reaction in individuals with allergies to chocolate, dairy, corn, nuts or other ingredients in chocolate.

Standard handling procedures
Store in a cool dry place.

raspberry, frozen (Rubus sp.)

Potential hazards
Raspberry allergy is generally observed in individuals who are allergic to salicylates.

Standard handling procedures
Individuals with berry or salicylate allergy should not handle raspberries.

butter

Potential hazards
May cause allergic reaction in some people with dairy allergies.

Standard handling procedures
Store in refrigerator.

fresh egg (raw egg)

Potential hazards
ALLERGY ALERT. Some individuals are allergic to egg.

Standard handling procedures
Store in refrigerator; dispose of eggs at expiry date.

full cream milk

Potential hazards
ALLERGY ALERT. Some individuals are allergic to dairy products.

Standard handling procedures
Store in refrigerator; dispose of milk to sink at expiry date.

caster sugar

Potential hazards
Heating produces noxious vapour/smoke, which should not be inhaled.

vanilla essence (vanilla extract)

Potential hazards
Typically contains 35% alcohol. Liquid may be flammable. Do not drink, since bitter and may cause drunkenness or

vomiting, if large amounts are ingested. Imitation vanilla essence may contain various additives. Allergic reactions are possible.

self raising flour

Potential hazards
ALLERGY ALERT. Some individuals may be allergic to wheat flour.

Knowledge

I have read and understood the potential hazards and standard handling procedures of all the equipment and food items, including any allergy advice.

Risk assessment

I have considered the risks of:

hotplates & hot surfaces	sharp knives & blades	personal hygiene	allergies
boiling water	rotating/moving equipment	raw meat contamination	food intolerances
hot oil and hot oil spatter	breakage of glass/ceramics	improper food storage	food waste disposal
fire: gas, oil or fat	falling or flying objects	food exposure to pathogens	inappropriate behaviour
inhalation of fumes	electrical shock	food quality/preparation	communication issues
food materials in eyes	pests, eg flies, cockroaches	vibration or noise	special needs
cleaning chemicals/poisons	heavy lifting	slipping, tripping, falling	other risks

Certification by Teacher

I have assessed the risks associated with performing this practical in the classroom on the basis of likelihood and consequences using the School's risk matrix, according to International Organization for Standardization Standard ISO 31000:2018.

I consider the inherent level of risk (risk level without control measures) to be:

Low risk **Medium risk** High risk Extreme risk

Control measures:

Check no students with chocolate, egg, dairy or wheat allergies in class.
Explain dangers of hot oven and hot oven trays and how to avoid contact with hot surfaces.
Use heatproof oven gloves when inserting or removing oven trays.
Additional measures: gloves

With the specified control measures in place, I have found that all the risks are "low risk". Risks will therefore be managed by routine procedures in the classroom, in combination with the specified control measures.

Electronic Signature: Tina Jones **Date:** 1 Apr 2022

You have provided an electronic signature which is the equivalent of signing your name with a pen and as such will constitute a legally binding agreement between the relevant parties. We can give no warranty in respect to fraud or security breach resulting from the use of an electronic signature.

Certification by Food Tech Assistant

I have assessed the risks associated with preparing the equipment and food items for this practical and subsequently cleaning up after the practical and disposing of wastes, on the basis of likelihood and consequences using the School's risk matrix, according to International Organization for Standardization Standard ISO 31000:2018.

I consider the inherent level of risk (risk level without control measures) to be:

Low risk Medium risk High risk Extreme risk

Risks will therefore be managed by routine procedures in the kitchen.

Electronic Signature: Bob Walker **Date:** 1 Apr 2022

You have provided an electronic signature which is the equivalent of signing your name with a pen and as such will constitute a legally binding agreement between the relevant parties. We can give no warranty in respect to fraud or security breach resulting from the use of an electronic signature.

Monitoring and review

This risk assessment will be monitored using comments below and will be reviewed within 15 months from the date of certification.

Attach further pages as required