


## Food Knowledge Organiser Year 8. Raising Agents

<b>Subject/Topic: Chemical raising agents</b>	<b>Subject/Topic: Mechanical raising agents</b>
<b>Key ideas:</b>	<b>Key ideas:</b>
Many baked items such as cakes, scones and biscuits depend on raising agents for their soft, light, springy appearance.	Mechanical raising agents are air and steam. When air is incorporated into a mixture, the mixture rises.
<b>Key words:</b>	<b>Keywords:</b>
<p>Raising agents - added to mixtures to make them rise.</p> <p>Chemical raising agents – raising agents that produce carbon dioxide when they are heated with a liquid.</p> <p>Baking powder - a chemical raising agent used when making cakes.</p> <p>Bicarbonate of soda – a chemical raising agent used in strongly flavoured cakes.</p> <p>Self-raising flour- a type of flour that has baking powder added to it during production.</p>	<p>Whisking – eggs or egg whites are whisked with sugar to trap air bubbles in the egg white.</p> <p>Beating – liquids are beaten and air bubbles are trapped in the liquid.</p> <p>Folding – using a spatula or tablespoon to fold a light ingredient e.g. egg white into a heavier ingredient.</p> <p>Sieving – putting flour through a sieve to trap air between the flour particles.</p> <p>Creaming – the process of beating fat and sugar together, which traps tiny air bubbles into the mixture.</p> <p>Rubbing in – a technique in which fat is rubbed into the flour and traps air in the mixture.</p> <p>Stiff peak stage – this is when egg whites are whisked and will stand in a peak with a sharp tip, and not collapse.</p>
	
<b>Tasks:</b>	<b>Tasks:</b>
Find a range of recipes which use self-raising flour, baking powder and bicarbonate of soda. Start by using your Year 8 recipe book.	Add two products/dishes next to each of the key words above. Please note: each key word above is a method of introducing air into a mixture.