



MARBLE PEAR TRAY BAKE

Simple and super quick to make this tray bake is delicious served with warm custard.



Recipe & image supplied by the Grain Chain:
www.grainchain.com

Skills Check (as appropriate for each Key Stage):

Follow a recipe; follow food safety & hygiene rules; tidy away; use a sieve; crack an egg; beat an egg; cream fat and sugar; scrape out a bowl with a spatula; use measuring spoons; use weighing scales; cut using bridge/claw technique safely.

Allergens*

Wheat | Gluten | Eggs | Milk

Equipment: Baking tin (20 cm square) or foil tray, weighing scales, mixing bowl, measuring spoons, electric hand whisk, small bowl, sieve, metal spoon, knife, fork, chopping board, spatula, cooling rack, oven gloves, greaseproof paper.

Ingredients (serves 8):

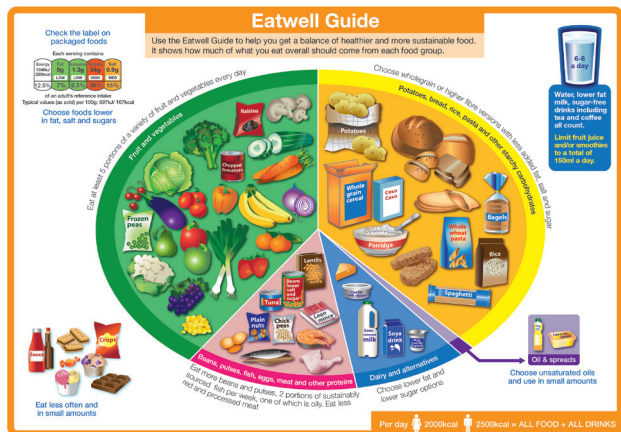
- 100g caster sugar
- 100g soft margarine
- 2 eggs
- 100g self raising flour
- 1 x 15ml spoon cocoa powder
- 1 x 5 ml spoon baking powder
- 1 pear

*(Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use)

Method

1. Preheat the oven to 180°C or Gas Mark 4.
2. Grease and line the baking tin or foil tray.
3. Cream the sugar and margarine together, ideally using an electric whisk until light and fluffy.
4. In a small bowl, beat the eggs with a fork.
5. Add the beaten egg, a little at a time, to the margarine and sugar.
6. Sieve the flour and baking powder into a bowl.
7. Fold the flour and baking powder into the mixture, a spoonful at a time.
8. Core and chop the pear in to small pieces. Scatter pieces of pear into the lined cake tin.
9. Spoon half of the plain cake mixture into the tin.
10. Stir in the cocoa to the remaining cake mixture.
11. Spoon the chocolate mixture into the baking tin and swirl the two mixtures together to create a marble effect.
12. Place in the oven and bake for 20 minutes, until golden brown and springy to the touch.
13. Remove from the oven and allow to cool.

MARBLE PEAR TRAY BAKE Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about Marble Pear Tray Bake ...

Cakes tend to be high in fat and sugar, although some types are worse than others. The Eatwell guide says that if you are consuming foods and drinks high in fat, salt and sugar we should have these less often and in small amounts.

Pears are high in fibre and are packed with lots of different substances called phytochemicals. Phytochemicals can help protect our bodies against disease.



Energy, sugar, fat and salt per serving

Per 60g serving

ENERGY
897kJ / 215kcal **11%**

HIGH **FAT**
11.9g **17%**

MED **SATURATES**
2.6g **13%**

HIGH **SUGARS**
13.8g **15%**

MED **SALT**
0.5g **8%**

% of an adult's reference intake

Typical values per 100g : Energy 1495kJ / 358kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.