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Junior Bake Off Challenge

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Prue Leith's Apple & Cinnamon Buns

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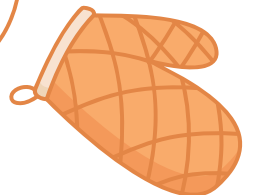
Rav Gills' Soufflé Pancakes

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Liam Charles's Vertical Layer Cake

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Signature Bake: Prue Leith's Apple & Cinnamon Buns

Serves: 8 | Time: 1 hour

As seen on Junior Bake Off, find the original recipe here:

<https://thegreatbritishbakeoff.co.uk/recipes/all/prue-leith-apple-and-cinnamon-buns/>

Ingredients

What you'll need:

- ◆ 8 inch round cake tin

For the filling:

- ◆ 1 tsp ground cinnamon
- ◆ 1 apple, peeled and cut into small dice
- ◆ 55g light brown soft sugar
- ◆ 45g butter, melted

For the dough:

- ◆ 60g butter, melted and cooled
- ◆ 400g self-rising flour
- ◆ ¼ tsp ground cinnamon
- ◆ ¼ tsp ground cardamom
- ◆ 2 tbsp caster sugar
- ◆ 250ml milk, plus extra for brushing
- ◆ A pinch of salt

For the icing:

- ◆ 60g icing sugar
- ◆ 30g cream cheese
- ◆ 1 tbsp maple syrup
- ◆ ¼ tsp almond extract

For the decoration:

- ◆ 150g apple jelly
- ◆ 25g pecans

Directions

- 01** Preheat the oven to 200°C / 180°C fan / 390°F / Gas 6.
- 02** To make the filling, combine the ingredients in a small saucepan and heat gently until the butter melts. Cook for 4–5 minutes or until the apples are just soft and then remove from the heat and allow to cool but not to set solid, it needs to be spreadable.
- 03** To make the dough, combine the flour, spices, sugar and salt and then gradually add in the milk and melted butter. Mix well until combined and then knead briefly until smooth.
- 04** Flour the surface well and roll out the dough to approximately 18 inches by 10 inches. Using a spoon, spread the cooled apple and cinnamon mixture over the dough, right to the edges.
- 05** Starting from one of the long sides, roll the dough into a tight, long sausage. Grease the bottom and sides of an 8 inch tin and then slice the dough into 8 evenly sized pieces. Turn them onto their ends to show the swirl. Arrange them evenly in the tin, with 7 around the edge and one in the center.
- 06** Place in the oven and bake for 20–25 minutes or until risen and golden.
- 07** While the rolls are baking, combine the icing ingredients together and beat well until smooth. Spoon into a piping bag and set aside. Finely chop the pecans and set aside.
- 08** Once the cinnamon rolls are baked, allow to cool for 5 minutes and then remove from the tin.
- 09** Heat the apple jelly in a pan until melted, then brush over the top of the buns to glaze.
- 10** Drizzle over the icing and sprinkle over the chopped pecans. Serve.

Technical Challenge:

Rav Gills' Soufflé Pancakes

Serves: 4 | Time: 2 hours

As seen on Junior Bake Off, find the original recipe here:
<https://thegreatbritishbakeoff.co.uk/recipes/all/ravneet-gill-souffle-pancakes/>

Ingredients

What you'll need:

- ◆ Deep sauté pan with a lid
- ◆ 3 metal food rings, each about 4 inches diameter and 2.5 inches deep
- ◆ Heat-protective glove

For the compote:

- ◆ 200g mixed frozen berries
- ◆ 1 tbsp caster sugar
- ◆ 1 tbsp lemon juice

For the batter:

- ◆ 3 tbsp whole milk
- ◆ 3 large eggs, separated
- ◆ ½ tsp vanilla extract
- ◆ 15g mayonnaise
- ◆ 75g plain flour
- ◆ 1½ tbsp corn flour
- ◆ 1½ tsp baking powder
- ◆ 65g caster sugar
- ◆ Vegetable or sunflower oil, for greasing

Directions

- 01** Make the compote. Tip the berries into a medium pan with the sugar and lemon juice. Mix with a wooden spoon gently mashing the fruit and sugar together. Slowly bring to a boil, reduce the heat and simmer for 5–10 minutes, until thickened to a compote consistency. Remove from the heat and leave to cool to room temperature.
- 02** While the compote is cooling, make the pancakes. Pour the milk into a large bowl. Add the egg yolks, vanilla and mayonnaise, then whisk together with a balloon whisk until combined.
- 03** Sift the flour, cornflour and baking powder over the milk and egg-yolk mixture, then whisk everything together until you have a smooth and pale batter.
- 04** Place the egg whites in the bowl of a stand mixer fitted with the whisk attachment. Add the sugar and whisk on low speed for 2 minutes, then increase the speed and whisk on high for 2–3 minutes to stiff (but not dry) peaks. The meringue should hold its shape and not slip out of the bowl if you turn the bowl upside down.
- 05** Using a rubber spatula, fold one third of the meringue into the batter to loosen it. Very gently fold in the remaining meringue, keeping as much air in the batter as possible but folding enough so that no streaks of meringue remain. The batter should be very light and airy.
- 06** Brush the insides of your food rings with oil and grease the inside of a deep sauté pan.
- 07** Heat the pan over a low heat and place the food rings in the pan. When you can hover your hand 4 inches above the pan and feel heat coming from it, fill the ring half full with batter. Pour 1 teaspoon of water down the side of each side of the pan, making sure it doesn't go near the rings. Cover with a lid and cook on a medium heat until the pancakes have risen inside the rings and the tops are almost cooked – about 15 minutes.
- 08** Using heat-protective gloves (or a folded-over tea towel) to protect your hands, flip the pancake using a fish slice and cook for a further 2–3 minutes, until golden brown on the top and bottom.
- 09** Transfer the pancakes to a serving plate and carefully lift off the moulds (protecting your hands with the gloves or tea towel again, as the metal rings will be hot). Serve with the cooled compote.

Showstopper: Liam Charles's Vertical Layer Cake

Serves: 6 | Time: 1.5 hours

*As seen on Junior Bake Off, find the original recipe here:
<https://thegreatbritishbakeoff.co.uk/recipes/all/liam-charles-vertical-layer-cake/>*

Ingredients

What you'll need:

- ◆ Swiss roll tin (or 9x13 inch quarter sheet pan)
- ◆ Large star nozzle

For the buttercream:

- ◆ 250g butter
- ◆ 400g icing sugar, sifted plus some Extra for dusting
- ◆ 100g strawberry milkshake powder
- ◆ 5 tbsp whole milk
- ◆ Pink food coloring
- ◆ 1 tsp vanilla extract
- ◆ 125g plain flour

For the sponge:

- ◆ 4 medium eggs
- ◆ 1 medium yolk
- ◆ 125g caster sugar
- ◆ 2 tbsp warm water
- ◆ 1 tsp vanilla extract
- ◆ 125g plain flour

For the decoration:

- ◆ 3 strawberries
- ◆ Icing sugar, to sift

Directions

- 01** Preheat oven to 210°C / 190°C fan / 415°F / Gas 7.
- 02** Line a 40 x 28 swiss roll tin with greaseproof paper.
- 03** In a stand mixer, whisk together the eggs, sugar, warm water and vanilla until the mixture is very light and fluffy and you can drizzle a ribbon with the mixture before it disappears.
- 04** Once it's ready, carefully sift over the plain flour and fold in gently with a large metal spoon until completely combined.
- 05** Pour into the tin and use a spatula to spread evenly. Bake for 12–15 minutes.
- 06** Meanwhile dissolve the milkshake powder in 4 tbsp of milk to form a paste. Mix well until smooth and set aside.
- 07** While the cake is baking, lay out a large tea towel and sift a thin layer of icing sugar. Once the cake is baked, turn it immediately onto the tea towel and peel off the greaseproof paper. Roll up with the tea towel, starting from the short end so you have a short, thick roll. Allow to cool completely in the tea towel roll.
- 08** While the sponge is cooling, beat the butter and icing sugar together until smooth. Remove 120g and loosen with... 1-2 tsp of milk to make a piping consistency. Transfer to a piping bag fitted with a large star nozzle.
- 09** Add the milkshake paste to the remaining buttercream and a little pink food coloring to make a pink 'strawberry milkshake' color. Set aside until needed.
- 10** Once the sponge is cool, unroll completely and slice it into three long, even strips. Spread each with 4 tbsp of the pink buttercream mixture.
- 11** Starting with the short end of one strip, roll it up. Once the strip is rolled, position the exposed end at the beginning of the next strip and keep rolling. Again, once this is rolled, position the exposed end at the beginning of the last strip and continue to roll. You now have a rolled cylindrical cake. Wrap in cling film and freeze for 5 minutes.
- 12** Once the cake has chilled, stand upright so you can see the swirl on the top and then cover the cake with the pink buttercream, smoothing over the top and sides. Once smooth, use the white buttercream to pipe 6 rosettes around the top edge and top each with a halved strawberry. Done!