



Module 3 - Section 3 - Cake pops

Objective: To make and decorate a selection of cake pops.

In completing each section the user will be able to:

- Make a batch of cake pops
- Decorate a selection of sprinkle cake pops
- Decorate a selection of dusted cake pops

Assessment criteria:

1. Demonstrate knowledge and understanding of the cake pop making process
2. Produce a display of sprinkle decorated cake pops
3. Produce a display of dusted decorated cake pops

You will Need:

TOOLS

Mixer
Sharp knife
No.6 paint brush
Wire cutters (not needed if using lollipop sticks)

INGREDIENTS

800g of broken up chocolate cake
300g buttercream
8 fingers of broken KitKat or biscuit of your choice
600g white chocolate

Sprinkle dips (or selection of your own choice):

- Snowflakes
- Love hearts
- Confetti
- Vermicelli chocolate

Dusts (or selection of your own choice):

- Gold sparkle
- Radiant gold
- Sunburst gold
- Bronze
- Copper

Other:

- 12" square cake drum

- Bamboo skewers (or lollipop sticks)
- 2x 8" round styrofoam (polystyrene) dummy cakes

Method:

- Break up 800g of chocolate cake and place into the mixing bowl
- Add the buttercream at 100g a time
- Add broken biscuits then more buttercream (until a dough consistency is reached)
- Roll the mix into evenly sized cake pop balls, then leave to set in the fridge for 30mins
- Melt 600g of white chocolate
- Dip the bamboo skewer/lollipop stick into the melted chocolate then push into the cake pop ball
- Allow the chocolate on the stick to set, to secure the cake pop
- Dip the cake pop in the chocolate
- Once the chocolate has stopped running, the cake pop can then be dipped into sprinkle decorations (use half the batch for this type of decoration)
- The remaining cake pops should be dipped in chocolate and left to set
- Once set, they can be decorated with a selection of dust colours

Supporting Notes:

Cake pops are an excellent little sweet treat that can be quickly and easily made and decorated. Cake pops are essentially truffles on a stick. Making cake pops does not need to be an exact science. In fact, quite the opposite. It is a great way to use up any baking and decorating scraps and turning them into delicious sweet treats.

Start by mixing up the broken chocolate cake with 100g of buttercream at a time, with little pulse beats. Add the broken chocolate biscuits to the mix with more buttercream, then mix again. The aim is to reach a dough like consistency, that will roll easily into little balls.

To cut the ball shapes, roll out a sausage, then cut a piece off the end and roll into a ball. This is just to measure and check that the ball forms the desired size. Make any necessary size adjustments, then repeat that size for the rest of the mix. There is no hard and fast rule with this, but as a guide, each of Paul's cake pops were approximately 32g. Place all the balls on a cake drum, then place in the fridge for 30mins.

Melt 600g of chocolate, Paul uses cheap white chocolate. However, dark or milk chocolate can be used and so can candy melts.

The sticks can be made from bamboo skewers or bought in lollipop sticks. If using bamboo skewers, they should be cut to size, ensuring that any rough edges have been removed. Dip the bamboo skewer/lollipop stick into the melted chocolate, then stick into the cake pop balls. When the chocolate sets, the stick will be secured to the cake pop.

Bamboo skewers are great for displaying the cake pops. Having a selection stuck into an iced polystyrene dummy cake, makes for a great display. However, consideration must be given to the safety of children, with the sharp end of the skewer.

To decorate the cake pop, first dip it into the melted chocolate. Make sure that the chocolate completely covers the cake pop and is set so that it is no longer runny. The cake pop can then be dipped into the sprinkle decoration of choice. Ensure that the cake pop is completely covered with the decoration, then leave to set. Use half the batch to make your preferred selection of sprinkle decorations. Paul chooses to use:

- Snowflakes
- Love hearts
- Confetti

- Vermicelli chocolate

The other half of the batch should be dipped in the chocolate and left until the chocolate has completely set. Before starting to decorate the chocolate coated cake pops, make sure that any chocolate that has run onto the stick is removed. It is just a case of scraping the chocolate off with a knife.

Once the chocolate has set, the cake pop can be decorated with a selection of dusts and lustres. Paul chose to use:

- Gold sparkle
- Radiant gold
- Sunburst gold
- Bronze
- Copper

No two dusted cake pops will be the same. However, put together in a cake pop display, they will look amazing. Cake pops will generally last 7-10 days at room temperature or 2 weeks in an airtight container.

That is the end of the cake pops lesson and this short module. Paul finishes by bringing the whole module together displaying the cupcakes, cookies and cake pops on a beautiful sweet table.