

Meltdown!

By **Sam Creighton**

THE challenges facing the amateur bakers on The Great British Bake Off are becoming too tough, a former contestant has warned.

A preview for next week's episode shows the remaining bakers struggling with soggy bottoms and dripping icing as they attempt to make gluten-free bread, sugarless cakes and dairy-free ice cream rolls.

While early series featured simple recipes such as scones, chocolate cakes and Victoria sponges, this year has seen baguettes, wafer thin arlette biscuits and spanische windtorte – a complex dessert of meringue and whipped cream – on the menu. As a result, contestants have repeatedly failed to finish on time and struggled under pressure.

Mr Cosby, a contestant in series four who now runs cooking classes, believes many of the challenges are so hard that they would flummox professionals. He added that the complicated concoctions risk putting off viewers who might be tempted to try their hand in the kitchen.

He said: "You want to see ordinary people doing extraordinary things, but that aren't out of reach of normal people. I think what contestants are being asked to do is getting tougher and tougher. The technical challenges are getting harder as well. There have been two this year that nobody has heard of – arlettes, for example. Are they going to be asked to make macaroons blindfolded next?"

Daily Mail, 2015

