

Learning Intentions - to use pastry making skills.

- to use ingredients high in carbohydrates.

Pastry Circles (for mini quiches)

Ingredients

100g plain flour

50g cold margarine

cold water to mix - approx. 2 x 15ml

Equipment

large bowl

round bladed knife

cup

measuring spoon

rolling pin

flour dredger

large pastry cutter

Method

1. Collect all equipment.
2. Sieve flour into a large bowl, rub margarine into flour until mixture resembles breadcrumbs.
3. Add cold water and mix with a round bladed knife to form a firm dough.

CHECK WITH TEACHER PASTRY IS CORRECT CONSISTENCY

4. Knead lightly, roll out and cut 10 pastry shapes using the large cutter. You may need to knead and re-roll trimmings to get the correct amount.
5. Wrap any pastry scraps and place into the bin.
6. Place a greaseproof paper piece between each circle and pile up. Label your freezer bag with your name, class and date.
7. Carefully place the pile of circles into a freezer bag.
8. Wash up.