

Learning Intentions - to demonstrate pastry skills.

- to use ingredients high in Calcium.

Cheese Straws

50g block margarine

100g plain flour

pinch salt

pinch cayenne pepper
(optional)

75g grated cheese

Cold water to mix

large bowl

rolling pin

palette knife

cup

round-bladed knife

measuring spoons

Method

1. Set oven to 190°C/ Gas mark 5.
2. Put flour, salt, cayenne pepper and margarine into bowl.
3. Rub in the margarine into the flour until it resembles fine breadcrumbs. Mix in grated cheese.
4. Mix to a dough with round bladed knife, adding water gradually. Knead lightly and roll out into a rectangle (approx. 20x20cm-width of recipe) squaring off edges with the palette knife.
5. Cut into fingers using the palette knife. Glaze with milk.
6. Place on a baking tray, Bake until golden - approx. 10 minutes.
7. Cool on tray. Transfer to serving dish.