

Learning Intentions - to appreciate foods from other countries.

- to make a custard sauce.

French Pastry

Ingredients

puff pastry piece - **plate**

30ml custard powder -**small bowl**

15ml sugar -**small bowl**

150ml milk - **jug**

topping:

1 tinned peach/pear half

15ml warm, sieved apricot jam.

Equipment

rolling pin

small pan

pot stand

small jug

small bowl

plate

teaspoon

wooden spoon

baking tray (between 2) knife

flour dredger (between 2)

Method

1. Set oven to 210°C/ Gas mark 7.
2. Roll pastry piece in to thin rectangle (as demonstrated by the teacher)
3. Place on baking tray and bake for 10-15 minutes.
4. Blend custard powder and sugar in the small bowl with 2 x 15ml of the milk.
5. Warm the remainder of the milk in a small pan. As soon as warm pour over the custard powder blend in the small bowl, stirring all the time.
6. Pour mixture back into pan and bring to boil, stirring all the time. Place on pot stand.
7. Spoon mixture over cooked pastry and soak pan filling with cold water and leave beside sink.
8. Decorate pastry with fruit and glaze with jam using pastry brush.

