



## Stage 4: Basic tartlet recipe

### Ingredients

- 225 grams plain flour
- 100 grams of the children's homemade butter
- 50 grams grated cheddar cheese
- 4 large eggs
- Additional healthy fillings chosen by the children

### Method

1. Preheat oven to 180°C (Gas mark 4/350°F).
2. Spray or brush a muffin tin with a little oil.
3. Look at the weighing scales and work out where the dial needs to be for each ingredient quantity and then carefully weigh your ingredients.
4. Prepare your filling ingredients using the chopping methods that your teacher has modelled. Remember to chop them into little pieces.
5. Mix all of your prepared filling ingredients together in a bowl and add your grated cheese.
6. Break the eggs into a small jug or bowl and whisk them well.
7. Sift the plain flour into a large bowl.
8. Dice 100g of your homemade butter and rub it into the flour with your fingertips until the mixture looks like fine breadcrumbs.
9. Add 2-3 tbsp water to the bowl and mix it into a firm dough.
10. Knead the dough briefly and gently on a floured surface and then roll it out with a rolling pin.
11. Use a pastry cutter to cut your pastry into small circles.
12. Push a pastry circle into each hole in the muffin tin to form a tartlet cup.
13. Divide your vegetable and cheese mixture between your pastry cups.
14. Pour over the whisked eggs to cover the mixture and fill the cups up.
15. Bake your tartlets in a preheated oven for approximately 20 minutes until they are golden.
16. Carefully remove your tartlets from the muffin tin and cool them on a wire rack.