

Get ready to cook: Tie back long hair, apron on, wash hands. Collect ingredients and equipment

Cheese and Onion Triangles

Ingredients

50g Cheddar cheese
½ small onion
100g plain flour (Chilled)
50g butter or block margarine
2 – 3 tbsp spoons cold water
1 egg



Equipment

Weighing scales, chopping board, grater, knife, mixing bowl, sieve, measuring spoons, table knife, flour dredger, rolling pin, spoon, fork, 2 small bowls, pastry brush, fish slice, baking tray.

Other fillings could be used.... Meat and potato, tuna and sweetcorn, baked beans and bacon or stewed fruit for a sweet dish.



Method

1. Preheat the oven to 180°C or gas mark 4.

2. Prepare the cheese and onion filling:

- grate the cheese;

Check with an adult before using the cooker



- slice the onion;



- mix the cheese and onion together.



3. Make up the shortcrust pastry:

- sift the flour into the bowl;

- rub the butter or margarine into the flour, using your fingertips, until it resembles breadcrumbs;



Flour is best if it has been chilled overnight before you start rubbing in



Cut butter into small cubes before you start rubbing in

- add the cold water and start to mix together with a table knife;



Squeeze the dough together gently. Do not knead or over handle it. Covering and chilling the dough for 30 mins here will help with rolling it out.

- mix to form a firm, smooth dough.



Squeeze the dough together gently. Do not knead or over handle it. Covering and chilling the dough for 30 mins here will help with rolling it out.

4. Roll out the pastry into a square, on a floured surface.



5. Cut the square into quarters using a table knife.



6. Spoon some cheese filling in the middle of the square.



7. Next, brush the edges of the pastry with beaten egg.



8. Fold over each pastry and pinch them together all the way along.



10. Transfer them onto the baking tray.



11. Bake for 20 minutes, until golden brown.



Use oven gloves.

This dish is high in fat and lacking in vegetables. It could be served with coleslaw, salad or steamed vegetables

