

Cheese and onion triangles

These little pasties are made with shortcrust pastry. A lower fat version could be made with filo pastry and an easier version made using ready made pastry. The filling can be anything that could go into a pie or a pasty.



Ingredients

50g Cheddar cheese

½ small onion

100g plain flour

50g butter or margarine

2 – 3 x 15ml spoons cold water

1 egg



Equipment

Weighing scales

Chopping board

Grater

Knife

Mixing bowl

Sieve

Measuring spoons

Platte knife

Flour dredger

Rolling pin

Spoon

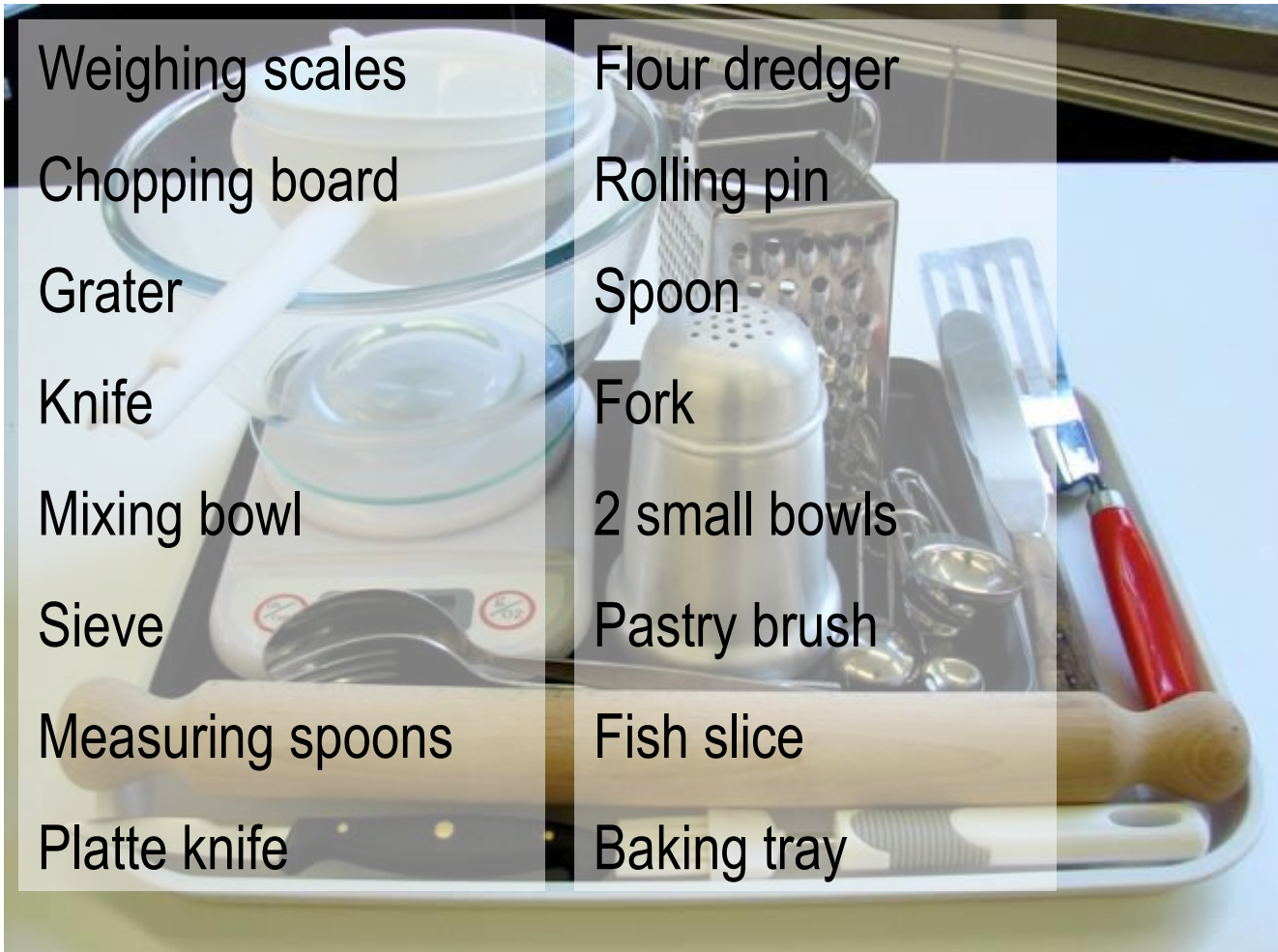
Fork

2 small bowls

Pastry brush

Fish slice

Baking tray



Method

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



2. Prepare the cheese and onion filling:

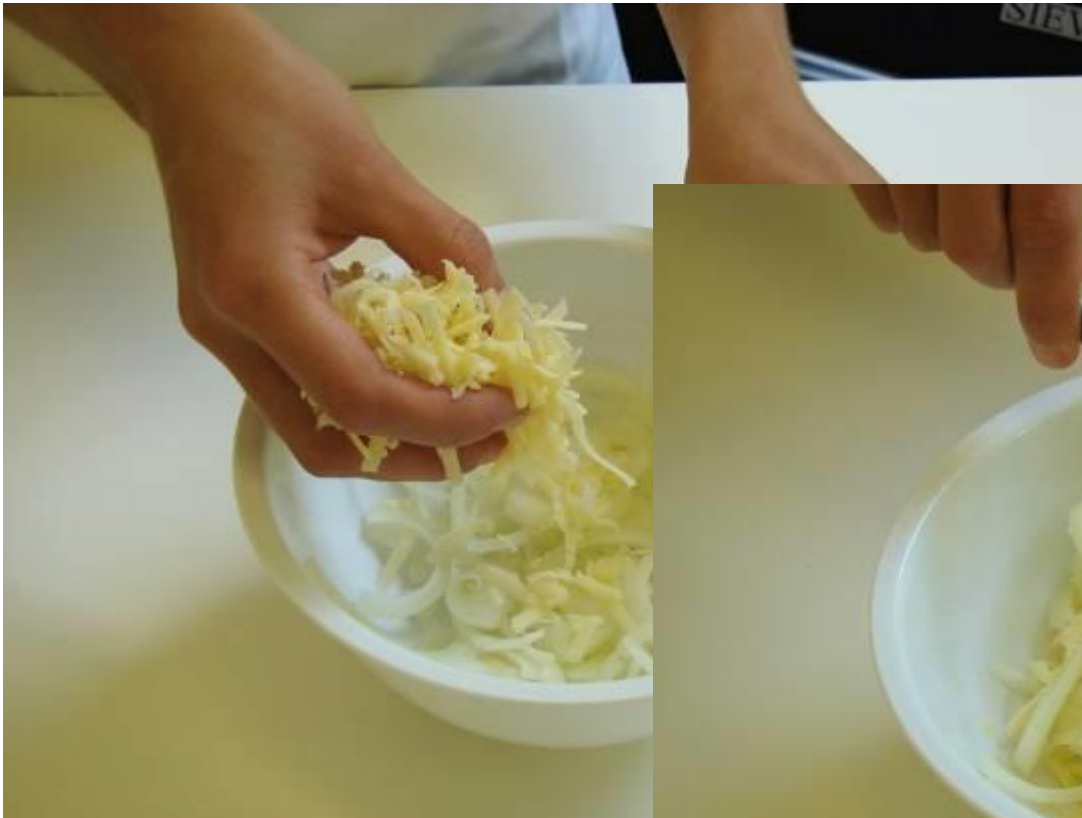
- grate the cheese;



- 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;



- add the cold water and start to mix together;



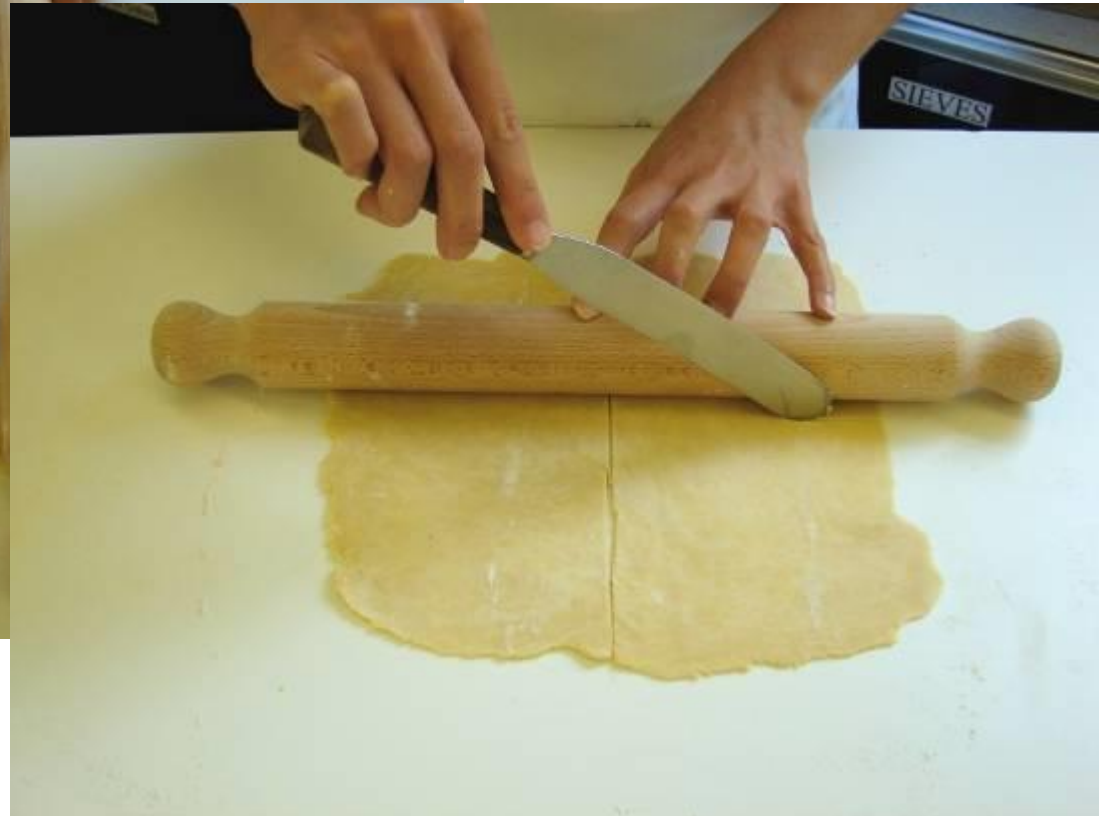
- mix to form a firm, smooth dough. Chill for 30 mins if you have time.



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



5. Cut the square into quarters using the palette 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 pasty and pinch them together all the way along.



9. Brush each pasty with beaten egg.



10. Transfer them onto the baking tray.



11. Bake for 20 minutes, until golden brown.





Top tips

Vary the types of spices and herbs used for different flavour sensations!

Try adding slices of chicken and beef, perhaps with mushrooms and sweetcorn.

Make up the pastry using wholemeal flour – remember to use a little more water.