

Hup Toh Soh Cookies

Chinese Walnut Biscuits (**Not** suitable for anyone with a nut allergy)



How to:

1. Ask your child to wash their hands before cooking
2. Encourage your child to help you gather together the utensils and ingredients you will need to make the Hup Toh Soh Cookies (see below)
3. Lightly grease a baking tray and pre-heat the oven to 170 C/ 338 F/Gas 3
4. Place all of the dry ingredients (everything except the butter and egg) in a bowl with the chopped walnuts
5. Add the soft butter and invite your child to squash and mix the ingredients together with their hands
6. When the mixture is like a soft dough, invite your child to take a dessert spoon full of the mixture. Show them how to roll it into a ball with their hands
7. Place the balls you have made onto a greased baking tray and pat them down gently with the back of a spoon. This mixture should make around 15 cookies
8. Support your child to crack an egg into a small bowl or cup. Show them how to beat the egg with a fork
9. Using a pastry brush, invite your child to gently brush the beaten egg onto the top of the cookies
10. Place the baking tray in your pre-heated oven for 30 minutes
11. When the cookies are ready, remove them from the oven and place them on a cooling rack

Adaptations:

- Ask your child to describe how it feels to mix all of the ingredients with their hands
- You could dip these cookies in plum sauce to eat them
- **If anyone has a nut allergy, you could replace the walnuts with dried fruit**

Utensils:

- Baking tray
- Large bowl
- Scales to weigh your ingredients
- Dessert spoon
- Small bowl or cup
- Fork
- Pastry brush
- Cooling rack

Ingredients:

- 200g plain flour
- 1/2 teaspoon baking powder
- 1 teaspoon bicarbonate of soda
- 1/2 teaspoon salt
- 70g sugar
- 65g walnuts (roughly chopped)
- 140g salted butter (softened)
- 1 egg (beaten)



Top Tip

Always remember to check for allergies before sharing these cookies