

## Cheesy Pastry Shapes



### 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 Cheesy Pastry Shapes (see below)
3. Pre-heat your oven to 200 C/392 F/Gas 6 and lightly grease a baking tray
4. Take a bowl and invite your child to carefully sieve the flour into the bowl and then add the grated cheese to it (saving a little to sprinkle on the top later). Add the mustard and any other flavourings you have chosen. Mix it all together well
5. Separate the egg. Add the yolk and water, mix it to form a stiff dough
6. Lightly flour your worktop or board and turn the dough out of the bowl onto the floured surface. Knead the dough gently until it is soft and pliable
7. Encourage your child to roll it out with a lightly floured rolling pin, to about the thickness of a £1 coin
8. Your child can now use their favourite cookie/playdough cutters to cut out shapes from the dough
9. Place the shapes on a greased baking tray and sprinkle with the remainder of the cheese
10. Bake the pastry in your pre-heated oven for around 25 minutes

### Adaptations:

- Add chopped garlic, red pepper, flaked tuna, herbs or spices of your choice
- Sprinkle some sesame or other seeds on the top of your shapes before baking

### Utensils:

- Bowl
- Sieve
- Grater/knife
- Spoon
- Rolling pin
- Shaped cutters
- Baking tray

### Ingredients:

- 112g of plain flour
- Pinch each of salt and pepper
- Good pinch of dried or a teaspoon of ready-made mustard
- 56g butter
- 84g grated cheese
- Yolk of one egg
- 100 ml approx. of water



### Top Tip

Invite your child to find their favourite cutters to make the pastry shapes, such as, unicorns, dinosaurs or flowers