

Equipment

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

Skills

Weighing and measuring, dicing, rubbing in, rolling out, using the oven

Heat Transfer

Convection

Cheese and Onion Triangles

Keywords Weigh, slice, sift, grate, bake, rub



Ingredients

50g Cheddar cheese

½ small onion

100g plain flour

50g butter or margarine

2-3 tbsp cold water

1 egg

Method

1. Preheat the oven to 180°C or gas mark 4.
2. Prepare the cheese and onion filling:
 - grate the cheese and slice the onion; then mix the cheese and onion together in a small mixing bowl
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.
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. Break the egg into a small bowl and beat with a fork, brush the edges of the pastry with beaten egg.
8. Fold over each pasty and pinch them together all the way along and brush with egg.
9. Transfer onto a baking tray and bake for 20 minutes, until golden brown