HERB TRIANGLES

From our garden: eggs, parsley, garlic chives

NOTES TO STUDENTS and VOLUNTEER:

1. Please measure the ingredients accurately.
2. A volunteer or teacher is to supervise the use of the oven to bake the triangles.

EQUIPMENT

- Scissors
- Sifter
- Dinner knife
- Small plate
- Large knife
- Chopping board
- Tea towel
- Medium mixing bowl
- Measuring jug
- Measuring cups
- Measuring spoons
- Plastic wrap
- Rolling pin
- Marble board
- Greaseproof paper
- Baking tray lined with baking paper
- Tablespoon
- Cake cooler

INGREDIENTS

- 1 cup plain flour
- ½ teaspoon dry mustard
- ½ teaspoon garlic powder
- 90g butter
- 1 tablespoon chopped fresh parsley
- 1 tablespoon chopped fresh oregano
- 1 tablespoon chopped fresh garlic chives
- ½ cup tasty cheese
- 1 egg yolk

WHAT TO DO

- Preheat oven to 200°C.
- Sift together the dry ingredients into a medium mixing bowl (flour, mustard and garlic powder). Stir to combine.
- Cut the butter into small cubes and rub the butter into the dry ingredients.
- Wash the herbs and dry by rolling in a clean tea towel. Finely chop the herbs (using the scissors for the chives and/or a large knife for the parsley and oregano).
- Separate the egg white from the yolk. Freeze the egg white.
- Stir in the herbs, cheese and egg yolk into the flour mixture to form a dough.
- Knead the dough gently on a lightly floured surface until smooth. Cover with plastic wrap and refrigerate for 30 minutes.
- Roll the dough between sheets of greaseproof paper until 3mm thick.
- Cut dough into 4 cm squares. The cut again to make each square a triangle.
- Place triangles approximately 1cm apart onto a baking tray lined with baking paper.
- Bake for approximately 10 minutes or until lightly browned.
- Cool on tray before transferring onto the cake cooler.