NOTES TO STUDENTS and VOLUNTEER:

1. Please read the recipe first. Collect your equipment and then ingredients.
2. Please measure the ingredients accurately.
3. Today we are going to freeze the cooked pastry.

EQUIPMENT

- Measuring spoons
- Measuring cups
- Measuring jug
- Scales
- Chopping board
- Small knife
- Food processor
- Plastic wrap
- Baking paper
- Rice (weights)
- Rolling pin
- Marble board
- Fork
- Dinner knife
- 25cm removable base tart tin

INGREDIENTS

- 2 cups plain flour
- 3 tablespoons caster sugar
- 125g cold butter, chopped
- Iced water
- Extra plain flour for kneading

WHAT TO DO

- Preheat oven to 180°C
- To make the pastry, place the flour, sugar and butter into a food processor and process until the mixture has formed rough crumbs. Do not over process as the dough will become too sticky.
- While the motor is running, slowly add enough iced water to form a soft dough.
- Remove the dough from the food processor and knead lightly on a marble board which has a small amount of plain flour on it to stop the dough from sticking.
- Wrap the dough in plastic wrap and refrigerate for 30 minutes before rolling to prevent the pastry from shrinking when baked.
- Roll the pastry out on a sheet of baking paper until the pastry is 2-3mm thick.
- Line a flan tin with the pastry by easing it into the shell without stretching it. Use a knife to cut away excess pastry, cutting away from you.
- Chill pastry in tin for 5 minutes.
- Blind bake the pastry by pricking the base and the sides of the pastry with a fork.
- Cover with a sheet of baking paper and fill the tin with rice or baking weights.
- Bake for 10 minutes. Remove weights and paper and return pastry to the oven for a further 10 minutes or until it is light gold in colour.
- Set aside to cool.
- When cold, wrap in plastic wrap and freeze where it won’t get broken.