

CHEESY CARROT CRACKERS

From our garden: carrots

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 crackers.

EQUIPMENT

Grater
Sifter
Peeler
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
5cm round biscuit cutter
Cake cooler

INGREDIENTS

1 ½ cups plain flour
1 teaspoon dry mustard
1 tablespoon cumin seeds
125g butter
1 cup finely grated carrot
¾ 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 and mustard). Stir to combine.
- Cut the butter into small cubes and rub the butter into the dry ingredients.
- Peel and finely grate the carrot.
- Separate the egg white from the yolk. Freeze the egg white
- Stir in cumin seeds, carrot, cheese and egg yolk into the flour mixture. Mix to form a firm 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 5cm rounds from the dough.
- Place the rounds approximately 2cm apart onto a baking tray lined with baking paper.
- Bake for approximately 12 minutes or until lightly browned.
- Cool on tray before transferring onto the cake cooler.