

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.