



HOME LEARNING

Subject: Food Technology

Time: 1hr

Learning Objective: Practical Task: To practice the rubbing in method to make pastry and produce some Jam tarts and a quiche flan case for next week.

Theory Task for those unable to cook: Safety in the kitchen

1. Practical Task:

You will need –

125g Plain flour plus extra for rolling, 50g block margarine, 2-3 tablespoons cold water, Jam

Get out the following equipment: Flan dish, measuring jug, weighing scales, butter knife, jam tart pastry cutter, bowl, rolling pin, teaspoon.

Prepare yourself for cooking: apron on, long hair tied, hands washed, clean workspace.

1. Oven 220C, Gas 8. Into a large bowl put the flour & margarine, lightly rub together with fingertips until the mixture looks like fine breadcrumbs.
2. Add the water a tablespoon at a time and mix with butter knife until the mixture turns to a soft but not sticky dough.
3. On a floured surface, using a rolling pin, roll out the pastry to a circle big enough for your flan dish for next week's quiche. It should be about 2mm thick. Make sure you turn the pastry after each roll and add more flour to the table and rolling pin if it starts to stick.
4. Lift the pastry up on to the back of the rolling pin and lay it over the flan dish, press down without stretching & trim off edges. Cover with foil and freeze for next week's lesson.
5. Roll out all the left over pastry and cut out circles using a round cutter. Put the pastry circles into a bun tin and add a teaspoon of jam.
6. Cook for 10 -15mins. **Remember the jam will be boiling hot when cooked so be very careful when taking them out of the tin.**



Take a picture of your empty flan case and your finished Jam Tarts.

If you are unable to cook complete the task below.

2. Theory Task:

Safety in the kitchen

Look at the pictures below and explain what the safety hazard is and how you would prevent an accident from happening:





Now list below all the rules we have in the Food Technology room to make sure we are safe. Include social distancing rules:

Safety in the Food Technology Room

Save your work:

If you are using a computer, open a blank document to do your work (you can use Word or Publisher). Don't forget to SAVE it with your name, the lesson you are doing and the date.

For example: T.Smith Maths 8 April

If you would like us to see or mark your work please email it or send a photo of your completed work to: nholmes@glebe.bromley.sch.uk

Thank you