Junior Set Recipe

**Cheese straws**

Ingredients

100g self raising flour

pinch of salt

1 tsp mustard powder

50g butter/ Margarine

75g mature cheddar cheese, grated

1 eggs

some extra cheese to melt on top

Method

1. Put the flour, salt & mustard powder in a bowl. Rub in the butter until it resembles breadcrumb. Add the grated cheese.

2. Use the egg to combine the mixture into a rough dough.

3. Roll out on a floured surface and cut into strips. Put on a baking tray, lined with greaseproof paper then sprinkle the extra cheese over the top. Bake at 160 for 20 minutes until golden brown.

Intermediate Set recipe

**INGREDIENTS**

* For the pastry:
* 1 cup (125 grams) all-purpose/plain flour
* ¼ teaspoon salt
* 3 tablespoons (25 grams) cold unsalted butter, cut into small pieces
* 3 tablespoons (25 grams) lard
* 2 tablespoons whole milk or water
* 1 pound (454 grams) dried small beans
* For the filling:
* 2 large eggs, room temperature, beaten
* ½ cup (125 ml) milk
* ¾ cup (175 ml) heavy/double cream
* 1 tablespoon fresh tarragon, chopped
* ½ teaspoon salt
* ¼ teaspoon ground black pepper
* 1 cup (70 grams) white cheddar cheese, grated
* 1 cup (189 grams) cooked spinach, chopped (\*see note)
* 1 cup (60 grams) cooked fava/broad beans or substitute lima beans

**INSTRUCTIONS**

1. **For the pastry:
To make the pastry in a food processor:** Add the flour and salt and butter. Pulse until you get the texture of fine breadcrumbs. With the processor running, slowly drizzle in cold milk until it forms a ball. You may need more or less water or milk depending on the dough.
2. **To make the pastry by hand:** Add the flour, salt and butter to a large bowl. Using your fingertips (or a pastry cutter) rub the butter and flour until it resembles breadcrumbs. Drizzle in the water and mix using a fork until the it starts to come together and holds together when pressed in your hand. You may not need all of the water. Remove and shape into a ball on a floured board. Wrap in plastic wrap and refrigerate for 30 minutes.
3. Preheat oven to 375°F/190°C.
4. Remove the dough from the refrigerator. Roll out the other half onto a floured surface to a thickness of 1/8 of an inch. Cut a circle from the dough 1/2 inch larger than your pan and place into the pie dish allowing the edge to hang over.
5. Cut a large circle of parchment paper or foil larger than the pan or and place on top of the pastry in the pie dish. Pour the dried beans to the center to weigh down the dough.
6. Bake the crust for 15 minutes. Remove and allow to cool slightly.
7. Turn the oven down to 325°F/165°C.
8. To a bowl add the eggs, milk, cream, tarragon, salt and pepper.
9. Place the baked pastry on a baking pan (to make it easier to move in and out of the oven).
10. Sprinkle half of the cheese on the bottom of the quiche crust in an even layer. Arrange the spinach in an even layer over the cheese, then add the beans on top of the spinach. Slowly pour the egg mix into the crust so it is evenly distributed between the spinach. Use a fork to gently move the spinach around so it is evenly distributed. Sprinkle the rest of the cheese on top. Bake for 40-45 minutes until the top is golden brown and the quiche is set.

Senior Set Recipe

Senior Set Recipe Viennese Fingers

Biscuits
150g Margarine
50g Caster Sugar
150g Self -raising flour Few Drops Vanilla Essence Buttercream
50g Butter
100g sieved Icing Sugar Few Drops Vanilla Essence Chocolate (for decoration) Method

1. For the biscuits cream together the fat and sugar very thoroughly, s􏰁r in the flour and vanilla essence.
2. Place the mixture in a piping bag with a large ‘star’ nozzle and pipe in 6.5cm lengths on greased baking trays.
3. Bake in a moderate oven, 160oC/gas mark 3 for about 20 minutes
4. For the buttercream cream the fat and gradually add the icing sugar, cream together and add the vanilla.
5. When the biscuits are cool sandwich together with the buttercream and dip the ends in melted chocolate

PLEASE DISPLAY SIX OF THE FINISHED BISCUITS