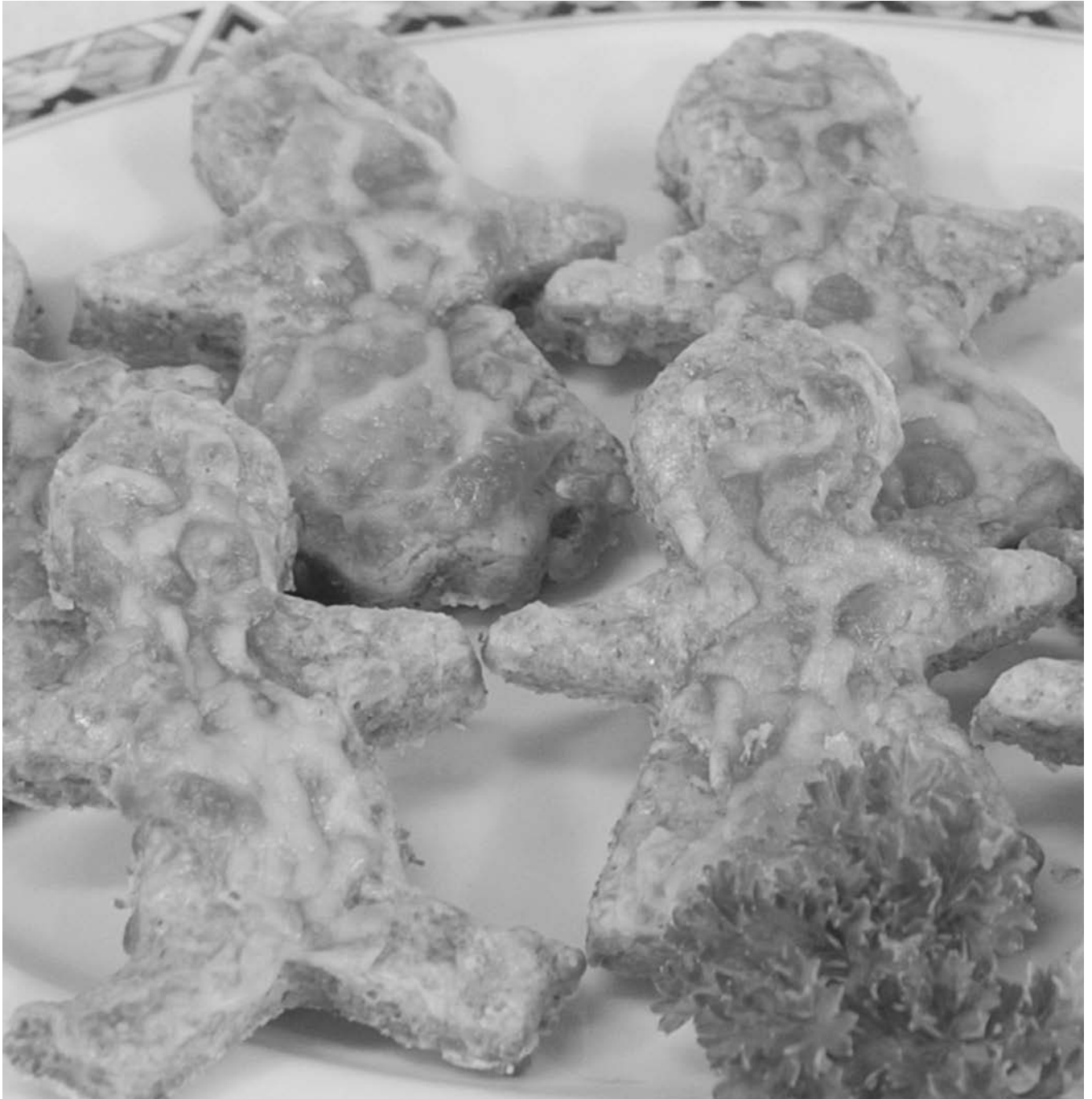


Cheesy Biscuits





How to Rub in

It can be hard to rub margarine into flour. When you rub in, you first have to cover the margarine with flour and then gently lift the margarine as well as the flour. It is as much to do with the flour as it is to do with the margarine. Never just touch the margarine; always use all the flour to get to the margarine. Use only your cool fingertips, not your palms. When it looks like bread crumbs, you must stop – it is very easy to overdo it.



Food Changes When Heated



Cooking can improve the taste, smell and appearance of food. Moreover, food actually changes when you cook it. Starch grains swell and absorb liquid when boiled, like rice. The cellulose walls in fruit and vegetables break down and soften, as with boiled carrots. Liquid foods with protein in, such as eggs, change from a liquid state to a solid state when heated. This is called coagulation. Most minerals and some vitamins are water-soluble, so they leak into any water they are placed in. Where possible, re-use the cooking water, such as in gravy, so you really do get the most out of the food.

Be aware of what the cooking process does to your food.

Contamination from Coughing and Sneezing



Be very careful when coughing and sneezing. Coughs and sneezes can spread disease through the infectious droplets they produce. In one sneeze there can be as many as 40,000 droplets released at an approximate rate of 100mph. This is bad for other people as well as for any food you are preparing. Therefore, if you have to cough or sneeze, remove yourself from the food area, or turn away and cover your mouth and nose with your hands if you don't have a handkerchief at the ready. Always wash your hands thoroughly after having done this.

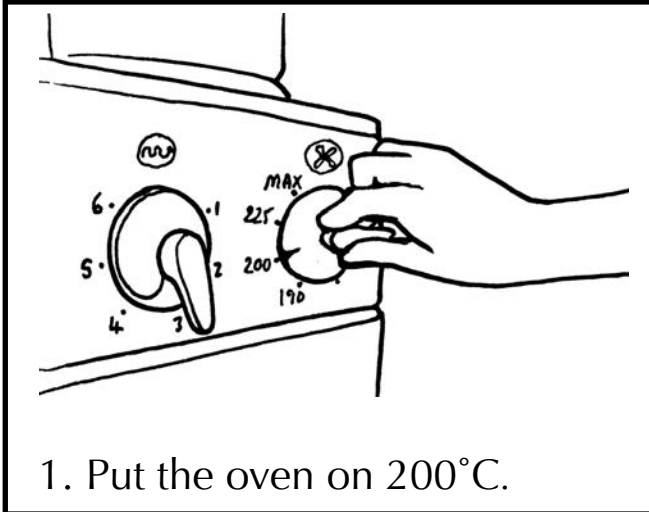


Cheesy Biscuits

Ingredients:

75g wholemeal flour
Pinch of salt and pepper

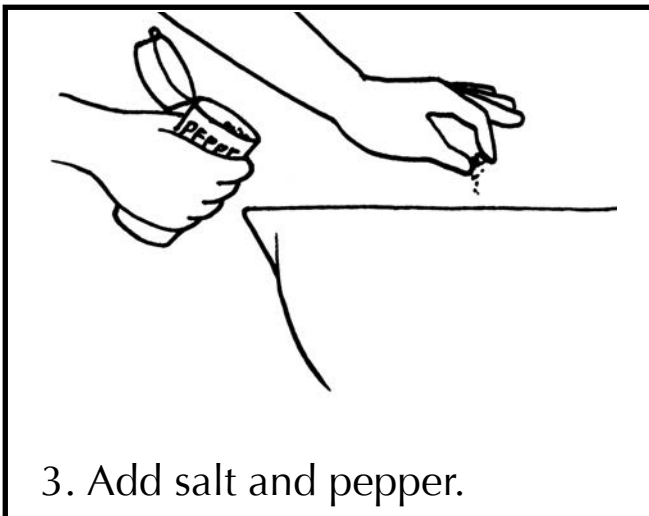
50g plain flour 75g margarine
75g cheese 2 egg yolks



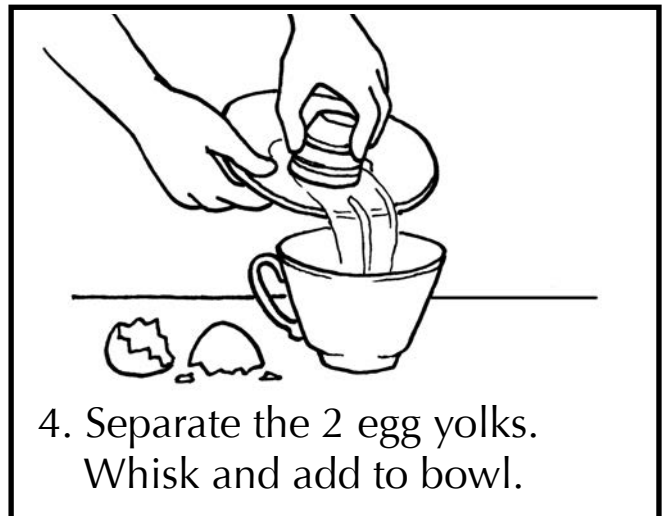
1. Put the oven on 200°C.



2. Mix the flours; rub in the margarine.



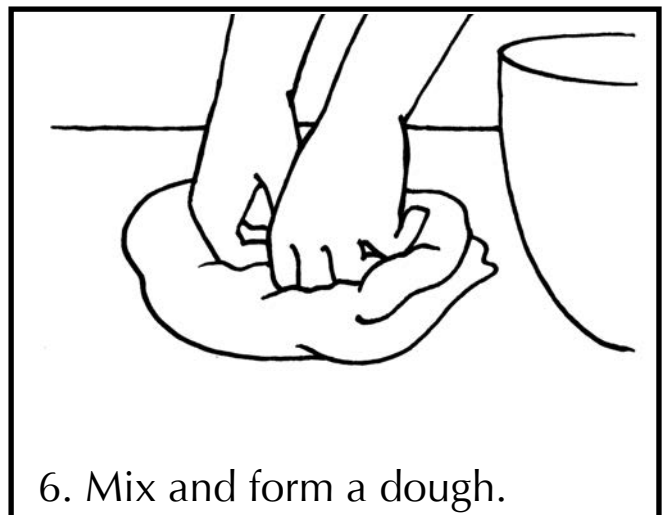
3. Add salt and pepper.



4. Separate the 2 egg yolks. Whisk and add to bowl.



5. Grate the cheese and add most to bowl.



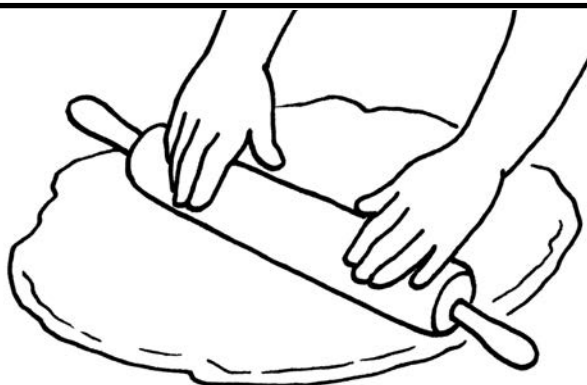
6. Mix and form a dough.

Cheesy Biscuits (cont.)

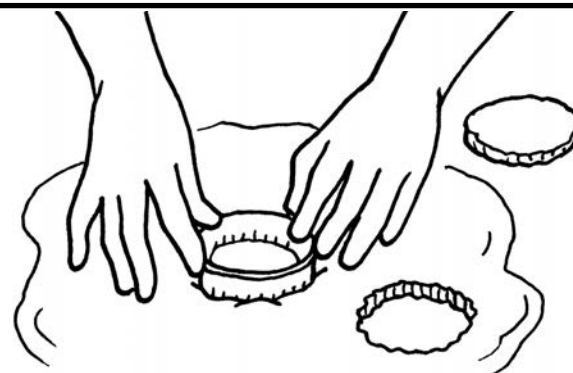


Equipment:

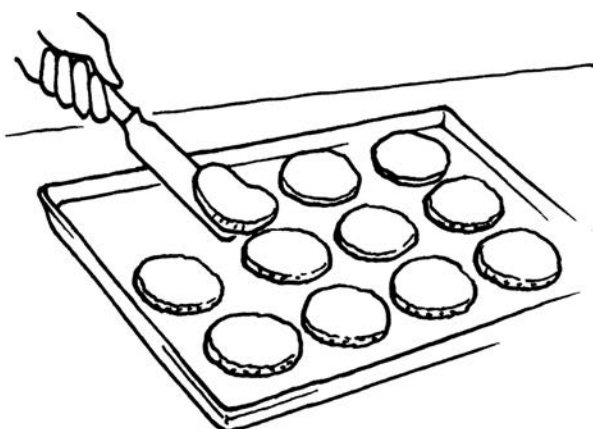
Mixing bowl Whisk/fork Mixing spoon Biscuit cutter
Brush Baking tray Egg cup Small plate Scales Grater



7. Roll out the dough.



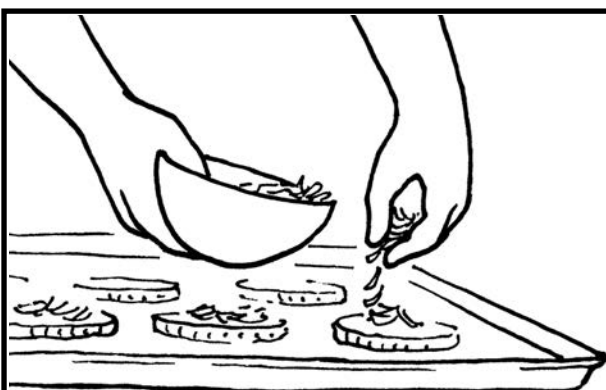
8. Use a biscuit cutter to cut the biscuits.



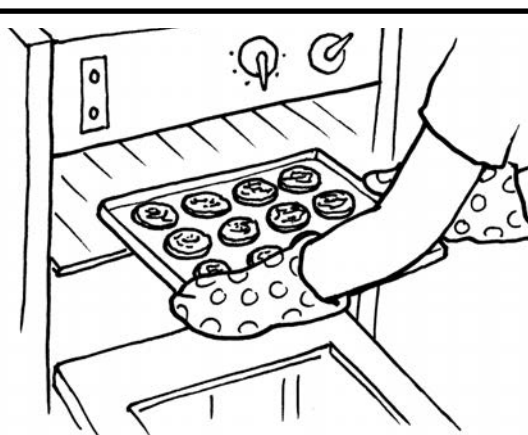
9. Put on a greased baking tray.



10. Brush the biscuits with egg.



11. Sprinkle with cheese.



12. Bake in oven for 10 minutes.



Cheesy Biscuits

Ingredients:

75g wholemeal flour
50g plain flour
75g margarine
Pinch of salt and pepper
75g cheese
2 egg yolks

Equipment:

Mixing bowl
Whisk/fork
Mixing spoon
Biscuit cutter
Brush
Baking tray
Egg cup
Small plate
Scales
Grater

Instructions:

1. Put the oven on 200°C.
2. Mix the flours; rub in the margarine.
3. Add salt and pepper.
4. Separate the 2 egg yolks. Whisk and add to bowl.
5. Grate the cheese and add most to bowl.
6. Mix and form a dough.
7. Roll out the dough.
8. Use a biscuit cutter to cut the biscuits.
9. Put on a greased baking tray.
10. Brush the biscuits with egg.
11. Sprinkle with cheese.
12. Bake in oven for 10 minutes.