

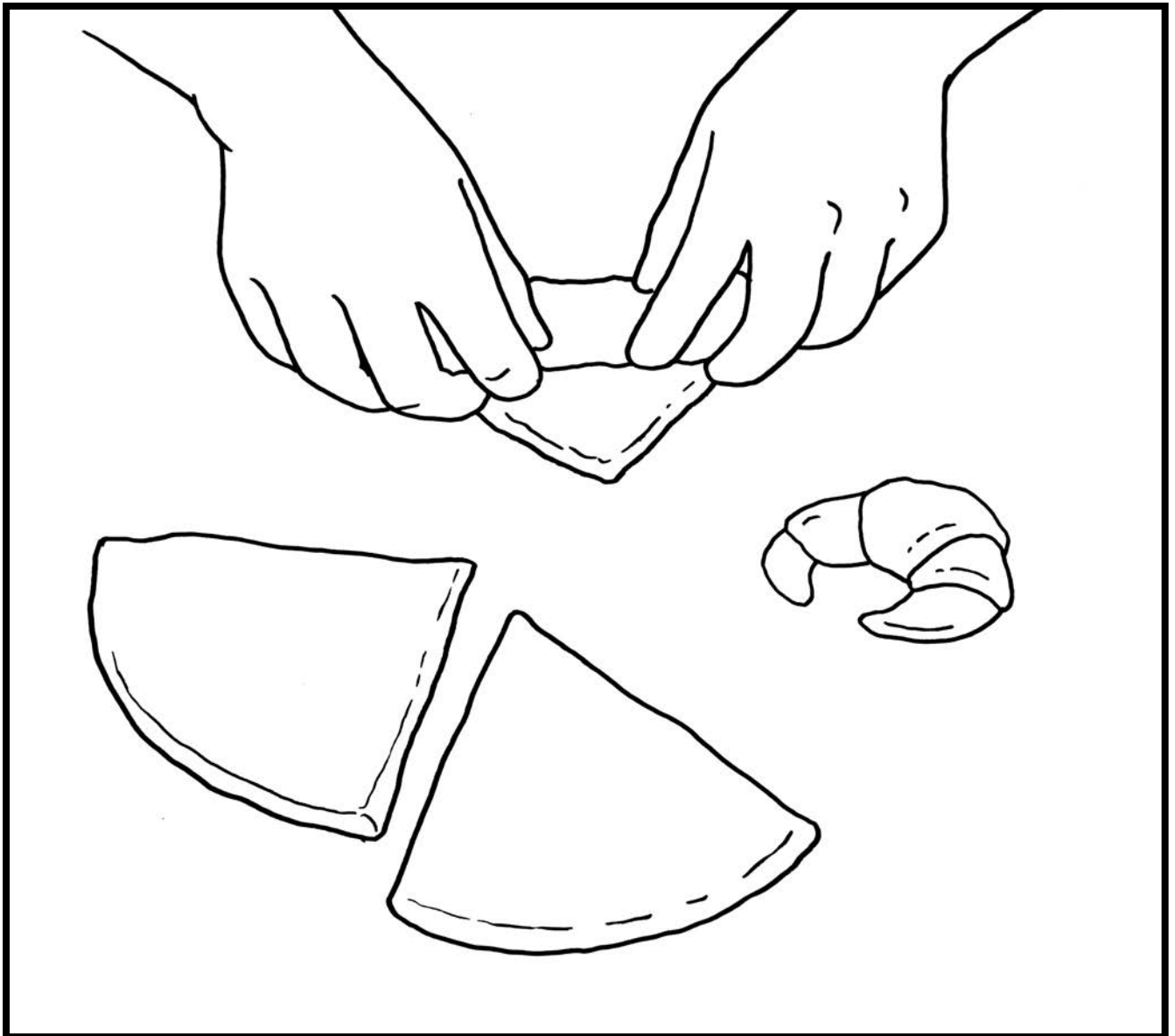
# Pastry Croissant Moons



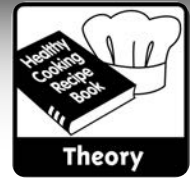


# How to Roll a Croissant

It is best to watch a demonstration of someone rolling a croissant. You will see that the dough is first rolled out into a circle and cut in quarters. Next, each quarter is rolled up, starting at the wide end and rolling into a point. Then the rolled-up dough is shaped into a crescent shape and the end or tip is tucked under the dough, so that it doesn't come undone during baking.



# Foods Contain More Than One Type of Nutrient



When we begin to learn about nutrients, we tend to generalize to make it simple. We might say that protein is found in meat and eggs, carbohydrates are found in bread and pasta and vitamins are found in vegetables. This is all true. However, most foods contain more than just one type of nutrient. When we say that eggs have protein in them, this is true, but they also have other nutrients in them, including vitamins A, D and E, B vitamins, iron and calcium. When we talk about nutrients in bread, don't forget that bread flour contains protein in addition to carbohydrates. On top of that, bread also contains yeast, margarine and sometimes milk, all of which have their own nutrients in them.

## Be Aware of Smells



Always be aware of the smells in a kitchen, particularly when you have something in the oven. You can generally smell when the food in the oven is ready. You can also smell when it is burning. The more you bake, the more you will be able to understand the smells you smell.



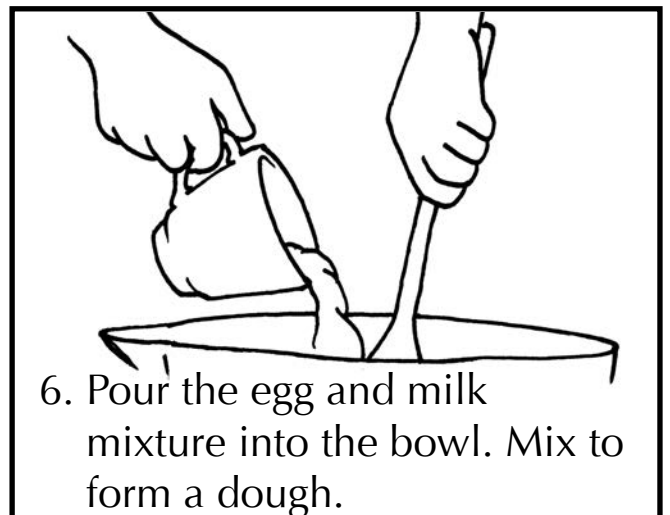
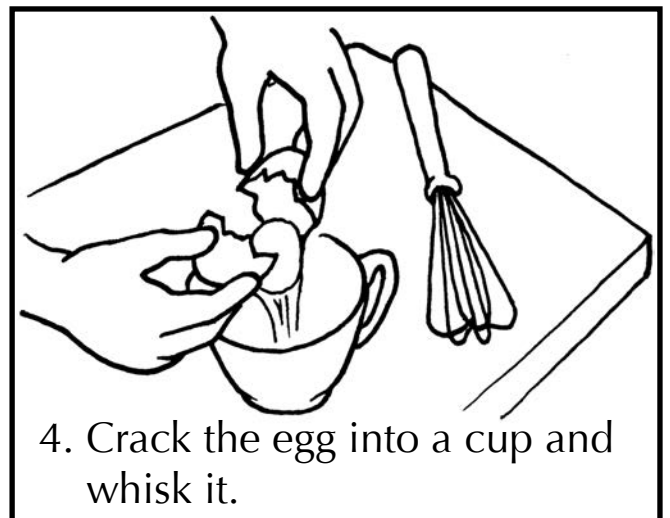
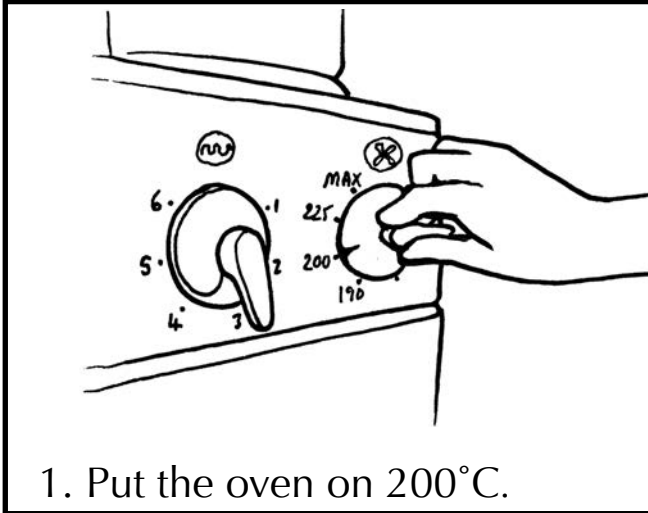
Recipe

# Pastry Croissant Moons

**Ingredients:**  
50g margarine  
1 egg

100g wholemeal flour  
1 tsp baking powder  
2 dsp milk

25g plain flour  
1 tsp cinnamon

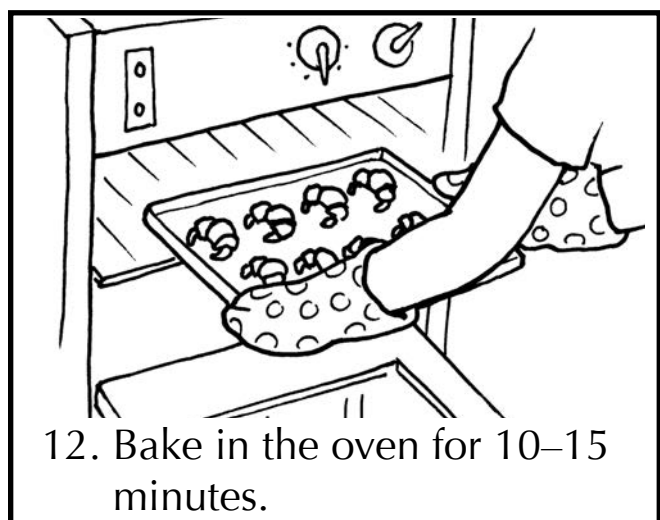
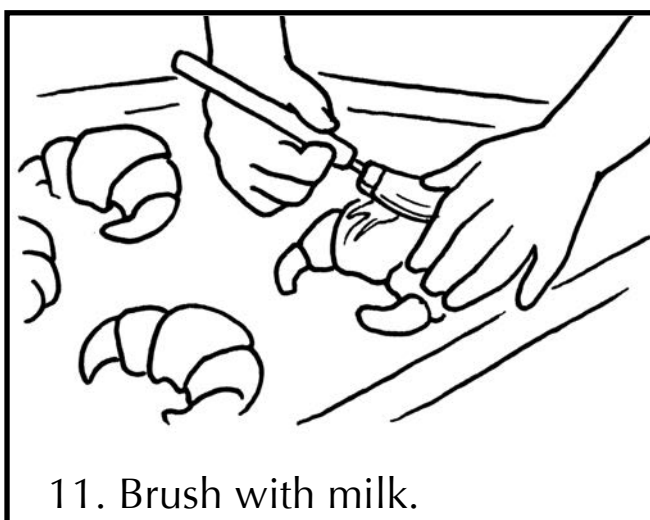
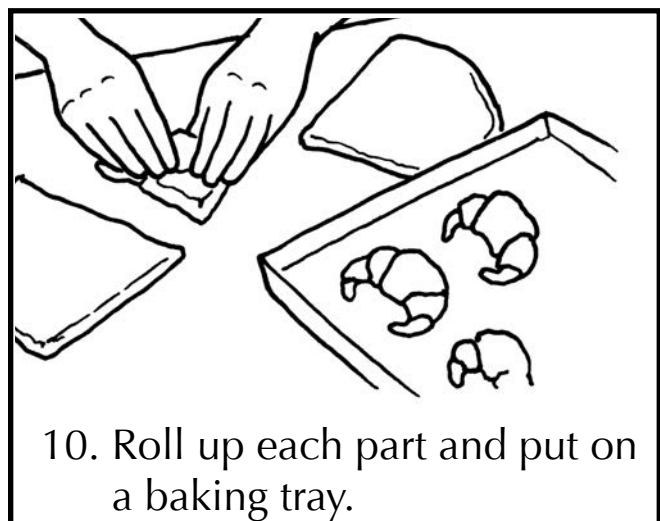
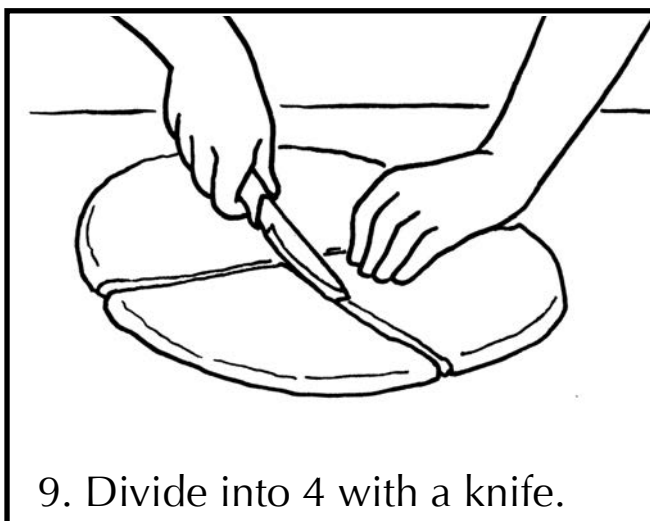
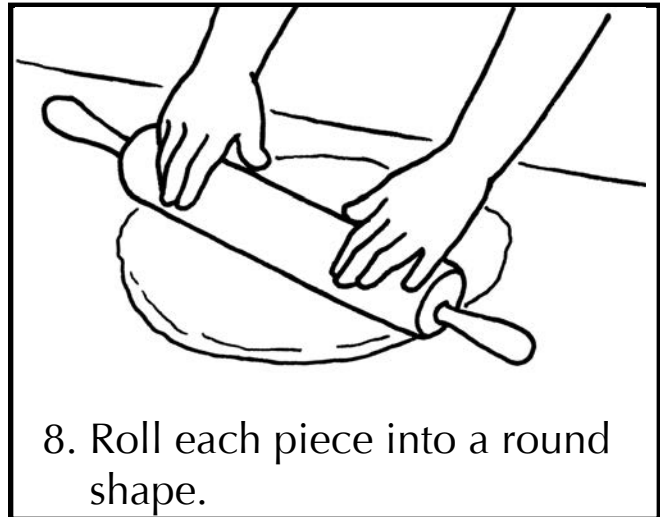
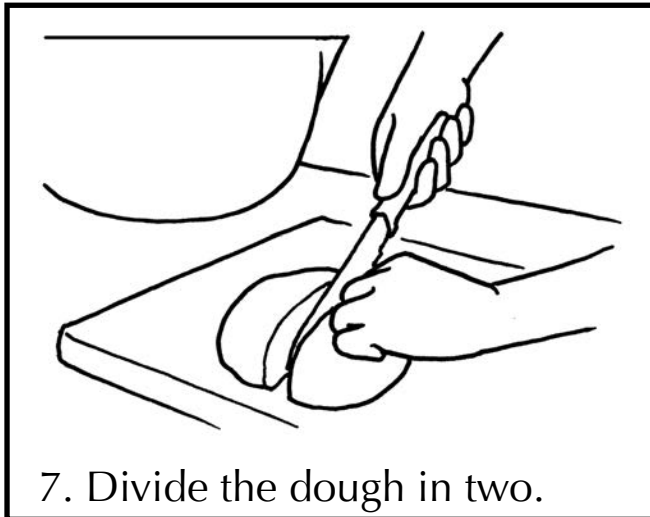


## Pastry Croissant Moons (cont.)



### Equipment:

Mixing bowl	Mixing spoon	Knife
Scales	Rolling pin	Measuring spoons
Cup	Whisk/fork	Brush





# Pastry Croissant Moons

## Ingredients:

100g wholemeal flour  
25g plain flour  
50g margarine  
1 tsp baking powder  
1 tsp cinnamon  
1 egg  
2 dsp milk

## Equipment:

Mixing bowl  
Mixing spoon  
Knife  
Scales  
Rolling pin  
Baking tray  
Measuring spoons

Brush  
Cup  
Whisk/fork  
Flour dredger

## Instructions:

1. Put the oven on 200°C.
2. Mix flours; rub in margarine.
3. Add baking powder and cinnamon and mix it.
4. Crack the egg into a cup and whisk it.
5. Add the milk to the cup and whisk.
6. Pour the egg and milk mixture into the bowl. Mix to form a dough.
7. Divide the dough in two.
8. Roll each piece into a round shape.
9. Divide into 4 with a knife.
10. Roll up each part and put on a baking tray.
11. Brush with milk.
12. Bake in the oven for 10–15 minutes.