

# Year 1 Swans

D.T.

## Summer 2

### Jam Tarts



#### Method

Wash your hands.

#### Making the pastry

1. Put 4 tablespoons of plain flour into your mixing bowl.
2. With a knife, cut the butter into small cubes on a chopping board
3. Put the butter in the bowl with the flour.
4. With your fingertips, rub the butter into the flour until the butter disappears and it is like breadcrumbs.
5. Add 1 tablespoon of sugar to the crumbs and mix it around with a wooden spoon.
6. Add 1 tablespoon of cold water to the crumbs and mix it around with a wooden spoon.
7. Squeeze the crumbs together into a ball. This is your pastry.
8. Wrap the pastry in cling film.
9. Put the pastry in the fridge for 30 minutes.
10. Clear up!



Key Vocabulary	Definition
<b>bake</b>	To cook in the oven until it is ready to eat
<b>cook</b>	To heat food until it is ready to eat, this can be by baking, boiling, or frying
<b>jam</b>	A food that preserves fruit by combining it with sugar
<b>pastry</b>	A dough used as a base in baked goods
<b>preserve</b>	To make food last longer
<b>raw</b>	Uncooked
<b>recipe</b>	A set of instructions telling you how to prepare and cook food, including a list of ingredients and equipment you will need
<b>sweet</b>	When referring to food; having a taste similar to that of sugar; not bitter or salty
<b>tart</b>	An open pastry case containing a sweet or savoury filling
<b>transport</b>	The movement of people or goods from one place to another



#### Making the tarts

1. Get a little butter on your finger and grease 6 holes in the tart tray.
2. Put a little flour on the table and on your rolling pin, so the pastry does not stick.
3. Roll out the pastry so it is about half a centimetre thick.
4. Use the large cutter to cut 6 pastry circles. Put these in the holes in the tart tray.
5. Put 1 teaspoon of jam or mincemeat in each pie.
6. Squeeze the left-over pastry back into a ball. Roll it out again.
7. Use the small cutter to cut 6 pastry circles.
8. Get a little water on your finger and spread this around the edge of the pastry on each pie.
9. Put the small pastry circles on top of your pies. Press down the edges so the tops stick to the bottoms.
10. Prick one set of holes in the top of each pie with a fork.

#### Cooking the pies or tarts

1. Bake the pies in the oven for 15-20 minutes until they are golden brown.
2. When they are cooked leave the pies to cool.
3. Clear up!

#### Ingredients:

##### For the pastry:

4 tablespoons of plain flour  
50 grams butter  
1 tablespoon of sugar  
1 tablespoon of water

##### For the filling:

1 teaspoon of jam for each pie

#### Equipment:

Medium mixing bowls	Rolling pin
Knife for cutting butter.	Large pastry cutter
Chopping board	Small pastry cutter
Teaspoon	Tart tray
Tablespoon	Fork
Wooden spoon	
Cup of cold water	