Strawberry Tarts

Ingredients

- 150g plain flour
- 75g unsalted butter
- 3 tbsp caster sugar
- 1 egg
- 1 cup of cold water
- strawberry jam (or another jam of your choice)
- pinch of salt
- strawberries (optional)

Equipment

- fridge
- oven
- sieve
- rolling pin
- round cutter
- bun tin
- teaspoon
- mixing bowl
- wooden spoon
- tablespoon
- plastic food wrap
- cooling rack
- knife

Method

1. Sift the flour and salt into a mixing bowl.
2. Cut the butter into small cubes and add to the flour.
3. Quickly, flatten each cube of butter between your fingers and then rub it into the flour until the mixture looks like fine breadcrumbs.
4. Add the caster sugar and egg yolk and stir in with a wooden spoon until the mixture is stiff.
5. Add the cold water, a tablespoon at a time, stirring until the mixture comes together in a ball.
6. Knead briefly with your hands before covering with plastic food wrapping. Then, chill in the fridge for 15 minutes.
7. Preheat the oven to 170°C-190°C fan/gas mark 5.
8. Dust a board or work surface with a little flour. Then, roll out the pastry to a thickness of around 3mm.
9. Use a round cutter to cut out 12 rounds of pastry and gently lay them into the bun tin.
10. Add a teaspoon of strawberry jam to each pastry circle.
11. Bake the tarts for 20 minutes and leave them to cool on the cooling rack.
12. Wash the strawberries and cut into slices. Add a slice to the top of the tart before serving (optional).

Teacher Guidance

Pastry works best with cold ingredients so make sure the butter and water are cold before you start. Handle the pastry as little as possible and with cool hands.

To save time, you could use ready-made shortcrust pastry.

Hot jam is very hot so make sure the tarts have cooled before you touch them.

Children must wash their hands immediately after touching raw egg.

Disclaimer:

We hope you find this resource useful. This recipe involves the use of knives and kitchen appliances. It is your responsibility to assess risks and ensure the activity is safe for those participating. We will not be held responsible for the health and safety of those participating and cannot accept any liability. It is your responsibility to ensure you are fully aware of the allergies and health conditions of anyone making or consuming these products – noting potential allergens included in the ingredients. Children should be carefully supervised by a responsible adult at all times, especially when using any sharp items, such as knives, or when near a heat source. It is the responsibility of supervising adults to ensure the safety of children in their care.