



Groups of 4



15-20 minutes

Jam Tarts

Ingredients:

- 100g flour
- 25g margarine
- 25g lard
- Salt
- Jam of preferred flavour

Equipment:

- Large mixing bowl
- Rolling pin
- Pastry board
- Tart tins (12 to a tin)
- Teaspoon
- Knife
- Cooling tray
- Aprons

Instructions:

1. Measure. Cut the margarine and lard into small pieces and place in the mixing bowl with flour and a pinch of salt. Using your fingers rub the ingredients together until they form a crumbly mix, then add one tablespoon of water and mix around until the dough forms a firm lump.
2. Sprinkle a little flour onto the board and rolling pin and roll out the pastry into a sheet about 3mm thick, cut out rounds to suit the size of your tart tin with pastry cutters or the knife and place the rounds into the greased tin.
3. Add teaspoonful of jam (it is easy to use different types of jam and so make a range of different and attractive colours) to each casing. Cook in pre-heated oven at 230°C (450°F, Gas Mark 8) for 15-minutes. Remove from the oven and allow to cool for a couple of minutes, then ease each tart from the tray and set aside to cool.

Alternatively, frozen short crust pastry could be used and numbers 1 and 2 followed above.



Ask the boys to wash their hands before starting this activity