

**Lesson:** Title: Entertaining Pinwheels!**Skills:**

Aims of lesson 11:

- make informed decisions to plan, prepare and cook quick healthy meals and snacks instead of buying take away dishes or convenient pre-prepared food products
- encourage and provide opportunities for young people to practise food skills at home (party and snack food)
- extend, enrich and endorse the skill-based healthy eating programs in schools
- accurately weigh and measure ingredients for those recipes requiring accuracy of ingredient amounts

**Production**

Pinwheels are made from basic scone dough, rolled out, spread with your favourite sweet or savoury filling then rolled up, cut into 3 cm slices then baked in a really hot oven.

These tasty treats are easy to make and great 'finger food' for a picnic or party. They can be made ahead of the event and can be easily frozen and then warmed without thawing in a pre-heated 150 °C oven for about 10 minutes. You can also use yeast dough as an alternative but they will take a bit longer to prepare and cook as the dough needs to rise first.

**Savoury Pinwheels (makes 12)****Cooking utensil:** baking tray lined with baking paper**Preparation time:** 25 minutes**Cooking time:** 15-20 minutes**Oven temperature:** 200 °C, reduced to 180 °C**Ingredients**

2 Tbs butter

2 cups (300g) self-raising flour

1 cup (250 ml) milk

**Ingredients for filling**

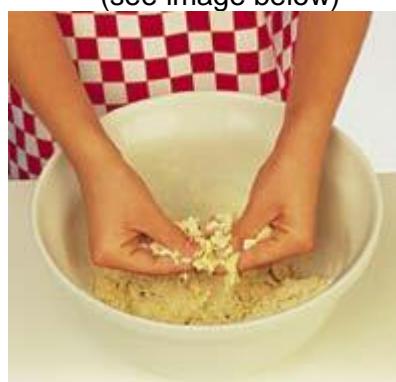
1/4 cup tomato salsa

Choose from the following toppings

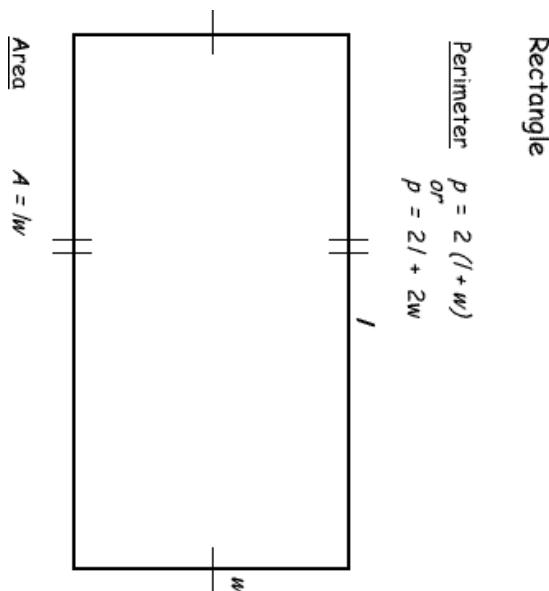
Ham, capsicum, grated cheese, chopped herbs, mushrooms

**Method**

1. Set oven temperature to 200 °C and line baking tray with baking paper.
2. Rub butter into flour using fingertips until mixture looks a bit like moist breadcrumbs.  
(see image below)



3. Make a well in the middle of the dough, and then pour in most of the milk. Use a butter knife to 'cut into' the dough until the mixture forms a ball.
4. If the mixture is a little dry, add the remainder of the milk.
5. Remove the dough from the bowl and place onto a lightly floured bench. Be sure not to over handle the dough otherwise your pinwheels will be small and tough instead of light and fluffy.
6. Pat out into a rectangle and try and keep this shape when you roll out the dough. Roll out using a well-floured rolling pin until it is no less than two centimeters.



7. Spread salsa mixture onto dough and then add toppings leaving the last two centimeters away from you (to prevent filling oozing out from the dough when you roll it up).
8. Roll up carefully and then cut dough into 10-12 even sized pieces.
9. Place each pinwheel onto baking tray and bake at 200 °C for 10 minutes and then reduce temperature to 180 °C and bake for a further 5-10 minutes or until golden brown.

Recipe adapted from Russell S et al Cookery the Australian Way and HEV Start Cooking

