

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

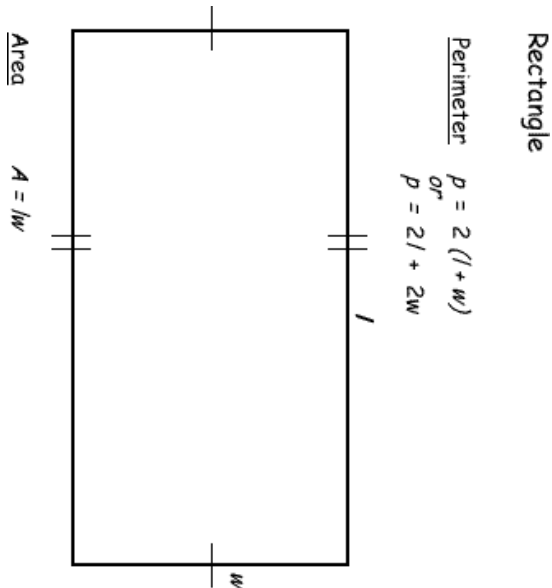
Ham, capsicum, grated cheese, chopped herbs, mushrooms

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

