

Individual tart cases



Makes: 2 large + 3 medium

Equipment



Ingredients

1 x large eggs



2 x cups crushed biscuits



1 packet Scotch Finger biscuits



3 x tablespoons of butter

1 x 1/2 cup plain wholemeal flour



3 x teaspoons of milk



Canola oil spray



1 Put biscuits in plastic bag



2 Crush biscuits

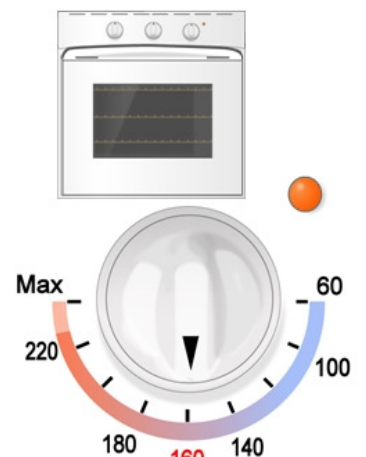
... until finely crushed



3 Add biscuits + plain flour + egg



4 Mix with fork



5 Pre heat oven to 160°C



6 Melt butter over low heat



7 Add melted butter & mix



8 Add milk



9 Knead (squeeze with hands)



10 Roll mix...



...cut in half



...cut into 3 medium & 2 large parts

Medium size – individual baking tray



11 Use 1 paper lining



12 Put rolled mix ball on lining



13 Flatten ball



14 Spread mix over lining



15 Put mix & lining in tray



16 Use thumb

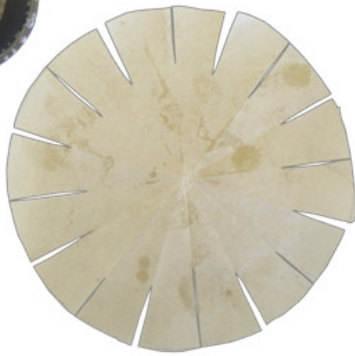


17 Use fingers



18 Shape mix in tray

Large size – individual baking tray



19 Use 1 paper lining



20 Put rolled mix ball on lining



21 Spread mix over lining



22 Put mix & lining in tray



23 Use thumb



24 Use fingers



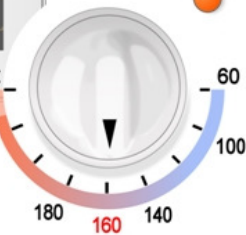
25 Shape mix in tray

Baking



26 Put tarts in oven

27 Cook for 20 minutes



28 Remove from oven

29 Allow to cool



30 Loosen with knife

Filling



Fill with custard & garnish with grated nutmeg



Fill with custard & cream top with fruit then glaze

There is no need to print the following page when printing and using this resource

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Purpose of resource:

To support the delivery of practical cooking and nutrition education sessions

Key skills:

This resource could be used to support development of the following skills:

- Independently follow a recipe.

Target group:

This resource is designed to be used by Solomon Islanders of all ages.

Notes:

This resource is designed to be printed A3 size and then laminated.

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