Cheese and Onion Triangles

Ingredients

50g Cheddar cheese
½ small onion
100g plain flour
50g butter or margarine
2 – 3 x 15ml spoons cold water
1 egg

Equipment

Weighing scales, chopping board, grater, knife, mixing bowl, sieve, measuring spoons, palette knife, flour dredger, rolling pin, spoon, fork, 2 small bowls, pastry brush, fish slice, baking tray.

Method

1. Preheat the oven to 180°C or gas mark 4.

2. Prepare the cheese and onion filling:
   - grate the cheese;

   - slice the onion;

   - mix the cheese and onion together.

3. Make up the shortcrust pastry:
   - sift the flour into the bowl;

   - rub the butter or margarine into the flour, using your fingertips, until it resembles breadcrumbs;

© Crown copyright 2008

- add the cold water and start to mix together;

- mix to form a firm, smooth dough.

4. Roll out the pastry into a square, on a floured surface.

5. Cut the square into quarters using the palette knife.

6. Spoon some cheese filling in the middle of the square.

7. Next, brush the edges of the pastry with beaten egg.

8. Fold over each pasty and pinch them together all the way along.

10. Transfer them onto the baking tray.

11. Bake for 20 minutes, until golden brown.

© Crown copyright 2008

© Crown copyright 2008