

Savoury Puff Pastry Tartlets

Duration: 2 hours

Arrangement: Pairs and small groups

Prepare, cook and taste puff pastry tartlets

Objectives:

1. To understand the concept of simplicity, taste, texture, and nutrition in cooking.
2. To learn the process of preparing and cooking a simple dish.
3. To develop teamwork and communication skills.

Resources:

1. Ingredients (puff pastry, various fillings such as vegetables, cheese, herbs, etc.)
2. Baking trays
3. Mixing bowls
4. Rolling pins
5. Pastry brushes
6. Chopping boards
7. Knives (age-appropriate and with supervision)
8. Oven
9. Cooking utensils
10. Aprons/gloves
11. Table setting (plates, forks, napkins)

Introduction (10 minutes):

1. Welcome the participants and introduce the topic of the lesson: preparing, cooking, and eating savoury puff pastry tartlets.
2. Discuss the concepts of simplicity, taste, texture, and nutrition in cooking.
3. Show them examples of different kinds of tartlets and discuss their ingredients.

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Activity 1: Recipe Exploration (15 minutes):

1. Provide each group or pair with a recipe card outlining the steps to make puff pastry tartlets.
2. In their groups, students will examine the recipe, discuss the ingredients, and identify any unfamiliar terms or techniques.
3. Encourage them to ask questions and engage in discussions about the nutrition and taste aspects of the tartlets.

Activity 2: Preparation (30 minutes):

1. Divide the class into groups of 2-3 students and provide each group with the necessary ingredients and equipment.
2. Instruct the students to prepare the fillings by chopping the vegetables or any other ingredients according to the recipe.
3. While they prepare the fillings, guide them in rolling out the puff pastry and cutting it into desired shapes (e.g., circles, squares, rectangles).
4. Emphasize the importance of teamwork, hygiene, and safety.

Activity 3: Cooking (45 minutes):

1. Preheat the oven according to the recipe instructions. Ensure that any participants that are able handle the oven with caution and under supervision.
2. Instruct participants to place the puff pastry shapes on the baking trays and fill them with the prepared fillings.
3. Once ready, guide them in placing the trays in the oven and set a timer accordingly.
4. While the tartlets are baking, encourage the students to clean up their workstation.

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Activity 4: Eating and Reflection (20 minutes):

1. Once the tartlets are done, allow them to cool down before serving.
2. Create a table setting and encourage the students to take a seat and enjoy their creations together.
3. Facilitate a discussion about the taste, texture, and overall experience of eating the tartlets.
4. Reflect on the main lesson objectives, discussing simplicity, taste, texture, and nutrition.

Conclusion (10 minutes):

1. Summarize the key points discussed during the lesson.
2. Allow students to ask any questions or share any additional thoughts.
3. Thank the students for their participation and efforts in the lesson.

Note: Ensure that appropriate hygiene and safety measures are followed throughout the lesson, such as washing hands before and after handling food, using clean equipment, and properly supervising the use of knives. Please ensure that safety guidelines are followed, especially when using kitchen equipment and foraging for wild garlic. It is important to consider any allergies or dietary restrictions of the students involved and adjust the lesson accordingly. Ensure that all food handling and preparation adheres to proper food safety guidelines. Provide appropriate support to any participant with special educational needs to ensure their active participation and inclusion throughout the lesson.