

Cheese Straws



Ingredients:

75g Plain Flour, Plus Extra for Dusting
50g Unsalted Butter, Diced
30g Strong Cheddar Cheese, Finely Grated
1 Egg Yolk
1 Egg for Glazing
1 Tablespoon Cold Water
1 Teaspoon Dijon Mustard
Pinch of Salt
Egg and Milk Wash: School to Provide



You will need to bring a container to take your cheese straws home in.

Method:

1. Pre-heat the oven to 200°C or Gas Mark 6.
2. Weigh and measure out all the ingredients accurately.
3. Sieve the plain flour into a large bowl. Add a pinch of salt.
4. Cut the butter into small even size pieces.
5. Rub the butter into the flour using your fingertips until the mixture resembles breadcrumbs. Shake the bowl and any lumps will rise to the top.
6. Grate the cheese onto a plate.
7. Add the grated cheddar cheese to the large bowl and mix in using a round bladed knife.
8. Crack the egg and separate the egg white and yolk into two separate small bowls.
9. Whisk using a fork the egg yolk with 1 tablespoon of cold water and the mustard until well combined. Add this a little bit at a time to the breadcrumb mixture and mix with a round bladed knife. Do this until you can bring the mixture together to form a dough.
10. Turn the dough out onto a lightly floured work surface and knead briefly.
11. Wrap the pastry in cling film and chill for 1 hour in the fridge.
12. Once the hour has passed, knead the dough again for 2 minutes.
13. Roll out the dough to 30cm x 15 cm rectangle and it should be 5mm thick.
14. With a sharp knife, cut 1cm wide strips along the shorter side.
15. Brush the strips of pastry with a little beaten egg and milk wash.
16. Holding the top of each strip, twist the bottom a few times to form spirals.
17. Place the straws on a baking tray, pressing down the ends if the spirals appear to be unwinding.
18. Bake in the oven for approximately 15 minutes.
19. Cool on the baking tray for 5 minutes before removing using a fish slice.
20. Transfer to a cooling rack to cool.

