

Jam Tarts



Ingredients list

- 150g plain flour
- A pinch of salt
- 75g butter (**not** margarine)
- 3—4 tbsp cold water
- Jam

Please ensure the butter is kept cold

Equipment list

- Glass mixing bowl
- Butter Knife
- Measuring jug
- Tablespoon
- Greaseproof paper
- Rolling pin
- Cupcake tins
- Round cutter

Method

1. Preheat ovens to 180°C / gas mark 5.
2. Cut the **cold butter** into small pieces in a glass mixing bowl and add the flour

Why does the butter have to be cold?

1. Using your fingertips, rub the butter into the flour. Keep doing this until the butter has gone and the mixture looks like breadcrumbs.

What is this method called?

Explain why we use the rubbing in method when making shortcrust pastry

1. Add the cold water gradually, cutting it in with a knife each time. Use your fingers to try and press some of the dough together. Add just enough of the water to all you to bring the dough together into one lump.

What would it look like if we added too much water?

How would we resolve the situation?

1. Turn the pastry onto a lightly floured surface. Bring the dough together with your hands, and knead 4 or 5 times only, leaving the dough in the shape of a ball.

What does kneading do to the dough?

1. Wrap the pastry in greaseproof paper or clingfilm and leave in the fridge whilst you wash up your bowl.



Method

7. Remove the pastry from the fridge and place on a lightly floured work surface. Using a rolling pin, roll the pastry until about 3-4mm thick (when rolling pastry, roll up and down only, not side to side. Keep turning the pastry 90 degrees and don't flip it over).
8. Once rolled, leave the pastry to rest for 1 minute. This is to allow it to shrink slightly and relax.
9. Using the correct sized pastry cutter, cut out 12 circles. When cutting the pastry, press downwards with the cutter only, don't twist it.
10. Place the pastry circles into the bun tin and fill each one with jam (Don't overfill – use about half a tablespoon of jam in each one).

Why is it important to make sure the pastry is high and even on both sides?

7. Cook at 180 / gas 5 for about 12 – 14 minutes. The pastry should only just begin to turn brown.
8. **Don't eat straight from the oven – jam stays hot for a long time!!!!!!**

