

Apple slice

(kids version)



CHEF+TEACHER
CAT CLARKE
plant+grow+learn

DIFFICULTY: Easy (Adult supervision)

SERVES: 12 slices

SEASON: All year round

PREP TIME: 15 minutes

COOKING TIME: 25 minutes

SUBSTITUTES: Mix it up and add other fruits or spices if you like.

EQUIPMENT:

Chopping board
Measuring spoons
Measuring cups
Medium saucepan
Mixing bowl
Oven 180 deg
Square cake pan 22 cm (or round, what ever you have)

INGREDIENTS:

Filling

3 apples, peeled, cored and chopped
2 tbsp. caster sugar
2 tsp cornflour
1 tsp vanilla extract
1/4 tsp ground cinnamon

Pastry

250gm S/R flour
1 tsp baking powder
100 gm caster sugar
125 gm butter
1 egg
1 tbsp milk

METHOD:

- Tie your hair up and wash your hands and grab your adult. Collect all of the ingredients and equipment
- Grease your tray and line with baking paper, turn the oven to 180 deg
- Combine all of the ingredients under the filling heading and put into a saucepan. Ask your adult to turn on the stove and stir over medium heat for 5 minutes. Turn off and allow to cool. Be careful with the heat.
- Pastry: to make the pastry add all of the ingredients in a food processor (get your adult to help with this) and turn on. If you don't have a food processor use your finger tips and mix together until all combined. (this will take a lot longer)
- The dough should all come together, if it hasn't had some more milk to it. Using your hands, knead it and turn it into a ball and then divide in half.
- Roll out one portion of the dough on a sheet of baking paper, put the tin on top and cut out the shape. Place the cut out shape into the tin.
- Spread the apple filling over the top of that pastry.
- Then do exactly the same as you did with the other dough and place on top of the apple filling.
- Neaten up the edges and brush the top with milk or water and sprinkle over some caster sugar.
- Bake in the oven for 25 to 30 minutes. Leave it to cool in the pan. When cool, take out and cut and serve with heaps of ice-cream.
- Well done super chef.