

## **Spiced Apple and Pear Mini Tarts**

### **Food for Thought**

#### **Ingredients**

- ½ sheet of ready to roll shortcrust pastry
- 1 apple & 1 pear (peeled)
- 30g soft brown sugar
- 1 teaspoon of cinnamon
- 1 egg
- 30ml water



#### **Method**

1. Preheat the oven to 200 degrees/ gas mark 6.
2. Peel the pear and apple using a sharp vegetable knife or a peeler.
3. Cut up the apple and pear into bite sized pieces. Place in a pot and add the 30g soft brown sugar and 30ml water. Stir until all ingredients are incorporated.
4. Place on the hob on a medium heat and stir continuously. The apples and pears should be simmering in the sugar and water and eventually the fruit should go soft and mushy.
5. Place shortcrust pastry sheet on a floured table and use circle cutter to cut out shapes. Place these to the side.
6. Using a pastry brush, oil the bun tin all around the sides and bottom.
7. Place each circle of pastry at the bottom of each holder.
8. Place a tablespoon of the apple and pear mixture into the middle of the circle of pastry in the bun tin.
9. Place another circle of pastry on top of the mixture and press round the sides with a fork to seal it.
10. Brush with an egg glaze and place in the oven for 20 minutes.
11. Tidy up and do the dishes ☺.



## **Homemade Vegetable Crisps & Sticks**

### **Food For Thought**

#### **Ingredients**

- 1 piece of beetroot (not pickled)
- 1 piece of carrot
- Potato peelings
- Oil
- Salt
- Pepper
- Seasoning (garlic, chilli, paprika or mixed herbs)



Do not peel  
carrots as you  
will lose  
nutrition!

#### **Method**

1. Cut the carrot into sticks and thinly slice the beetroot.
2. Preheat oven to 180 degrees/ gas mark 5.
3. Oil a baking tray and place carrot sticks and beetroot onto the tray.
4. Peel potatoes and put the peelings on the baking tray. Place potatoes to the side.
5. Season the vegetables as you would like, please add salt and pepper at least to flavour the vegetables. Be generous! Add more oil to the vegetables and mix with a spoon to ensure all are coated.
6. Place in the oven to cook for 20 minutes.

