

**Allergy checklist**

**There are allergens in the room and we have made the following adjustments:**

**Signed**

**Dated**

**EQUIPMENT**

* Pastry Brush
* Cup
* Baking Tray & Paper
* Bowl
* Wooden Spoon
* Tablespoon & Teaspoon
* Workmat

**INGREDIENTS**

**Makes 6**

18 tbs SR Flour

1 spring onion

1 tsp dried oregano

60g butter

Large handful of strong grated cheese

100ml milk

Milk for brushing• **2 dessertspoons milk**

**• 2 spring onions**

**• 10g fresh coriander (about a small handful) 2 dessertspoons**

**• 30-40g (about 8) green beans**

**• 50g plain flour**

**• 1/2 teaspoon baking powder**

**• pinch of pepper**

**RECIPE**

**Farmers bites**

 **SUPER GOOD BECAUSE:**

**Cheese and milk are excellent sources of protein-essential for healthy bones and teeth.**

**Oregano can help digestion, wound healing and can even help with coughs!**

**METHOD**

1. Wash your hands and put your apron on
2. Check you have all your ingredients
3. Heat the oven to 200C/fan 200C/gas 6 and line a baking tray with baking paper.
4. Cut the head and tail off the spring onion and snip the rest into small pieces and put to one side
5. Combine flour and oregano with the butter to make crumbs.
6. Grate cheese and add to the flour mixture.
7. Add your spring onion
8. Bind with a little milk at a time (you may not need all of the milk)
9. Knead the mixture onto a lightly floured surface and divide into 6 balls. Lightly pat the balls to flatten slightly.
10. Place the balls onto a baking sheet and lightly brush the tops with milk (not the sides as this will prevent them rising)
11. Bake for 10-15 minutes until golden brown.