

## Vocabulary

**Pastry:** A dough of flour, water and fats that can be savoury or sweet. Common pastry dishes include pies, tarts, quiches, croissants and pasties. **Dough:** A thick, malleable mixture of flour and liquid, used for baking into bread and pastry. **Knead:** To massage or squeeze with the hands.

## Shortcrust Pastry Recipe

250g plain flour; pinch of salt; 125g fat (lard, butter); 45ml water

Mix the flour and salt together. Cut the fat into small pieces and add it.

Rub the fat into the flour between finger and thumb tips. Continue until there are no lumps of fat left and the mixture looks like breadcrumbs.

Add the water, sprinkling it evenly over the surface. Stir it in with a wooden spoon until the mixture starts to stick into large lumps.

Collect the dough together and knead lightly for a few seconds to give a firm, smooth dough.

Allow the dough to rest in the fridge for 15 minutes before using.



## Fairtrade

Fairtrade is an arrangement which aims to ensure that farmers get a fair price for their goods.

Many items we enjoy can be Fairtrade but this often means they cost more to buy. However, buying Fairtrade items helps to support those involved in the farming process. Growing cocoa for chocolate is a difficult task but Fairtrade makes it more sustainable.