



FRUIT TRIANGLES

<i>Ingredients</i>	<i>Equipment</i>
2 Apples Peel and Chopped	Chopping Boards
3 Nectarines Chopped	Knives
1 Tablespoon Caster Sugar	Juicer
Zest of 1 Orange	Zester
Juice of ½ Orange	Medium and Small Mixing Bowls
1 Pinch of salt	Cup & Spoon Measures
1 Tablespoon Cornflour	Pastry Brush
1 Egg	Lined Baking Tray
Caster Sugar for sprinkling	
7 Sheets Puff Pastry/ Gluten Free	

- Please see the CPS website for alternative ingredients used in the Kitchen Classroom.

What to do

1. Get out all required equipment
2. Weigh and measure ingredients
3. Peel the apple
4. Chop fruit into small pieces
5. Zest the orange
6. Juice ½ of the orange
7. Crack the egg into the small mixing bowl and whisk.
8. In the medium mixing bowl add the fruit, zest and juice of the orange, caster sugar, salt and cornflour, mix thoroughly.
9. Cut the puff pastry into quarters.
10. Spoon tablespoons of fruit mixture onto each square. Fold into a triangle and place on the lined baking tray. Brush with the egg and sprinkle extra caster sugar on top.
11. Bake in a moderately hot oven until golden.