

RECIPE 3

Ages 3-5

LEEK & MUSHROOM CROUSTADES

FOCUS ON
food

LEEK & MUSHROOM CROUSTADES

Individual savoury tarts made healthier by using wholemeal bread instead of pastry for the cases. Makes 12 small tarts.

How to make it

1. Heat the oven to 200°C/Gas 6. Place 2 tablespoons of oil in the saucepan. Gently fry the leeks and mushrooms until they are softened and just beginning to brown.
2. Cut 2 circles of bread from each slice of bread. (Save the leftover pieces for making fresh breadcrumbs for another recipe.)
3. Lightly brush both sides of each bread circle with remaining oil and place them in the bun tin. Press down to form a case or lining for the filling.
4. Spoon a teaspoon of the cooked leek and mushroom mixture into each of the bread cases. Sprinkle a teaspoonful of the grated cheese on top of each case.
5. Bake the Croustades for 10-15 minutes or until the bread is crisp and browned and the cheese has melted. Serve hot.



CHANGE THE VEGGIE FILLINGS TO SUIT THE SEASON.

Per croustade (62g)

ENERGY	667kJ / 159kcal	8%
FAT	7.4g	11%
SATURATES	2.4g	12%
SUGARS	1.2g	1%
SALT	0.6g	10%

% of an adult's reference intake
Typical values per 100g - Energy 1076kJ / 257kcal

NUTRITION INFORMATION		
Typical Values	Amount per 100g	Amount per serving (62g)
Energy	1076kJ / 257kcal	667kJ / 159kcal
Protein	10.0g	6.2g
Carbohydrate (of which sugars)	26.4g (1.9g)	16.3g (1.2g)
Fat (of which saturates)	11.9g (3.9g)	7.4g (2.4g)
Fibre	2.3g	1.4g
Salt	1.0g	0.6g

Ingredients

- 4 tablespoons sunflower or rapeseed oil
- 1 leek, trimmed and thinly sliced
- 100g chestnut mushrooms, chopped
- 6 slices semi-stale bread, thinly sliced (wholemeal is best)
- 100g Cheddar cheese, finely grated

Equipment

Chopping board, sharp knife, saucepan, wooden spoon, grater, teaspoon, cutter, pastry brush, a 12-hole bun tin

Before you begin

- Prepare your ingredients to a suitable level depending on the age and previous experience of the children
- Present your equipment and ingredients logically on the table to support your teaching and learning (we call this a set out)
- Make sure everyone removes any rings and nail varnish, ties their hair back, washes their hands and puts an apron on
- Discuss the ingredients and equipment – what they are, how to weigh and measure ingredients and what you'll be doing in the lesson

Show the children

- How to wipe mushrooms with a damp cloth
- How to bridge mushrooms in half and then half again
- How to use cutters
- How to brush oil onto bread
- How to press bread into bun tins
- How to spoon filling into cases

Under supervision, children can:

- Prepare and cut the mushrooms
- Cut out the bread circles
- Brush bread with oil and place in bun tins
- Arrange ingredients in cases

Skills

Bridge knife technique, cutting out, brushing (glazing), arranging ingredients

