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| Season: | Year round |
| From the garden: | Spinach, silverbeet, herbs |
| Type: | Snack |
| Difficulty: | Easy |
| Serves: | 12 regular or 24 mini puffs |
| Source: | Marija Vidovich, Kitchen Specialist, Holy Cross School |

Equipment

- Chef's knife
 - Clean tea towel
 - Chopping board
 - Box grater
 - Large mixing bowl
 - Small mixing bowl
 - Sieve
 - Measuring cups and spoons
 - Spatula
 - Mixing spoon
 - Fork
 - Muffin tins
 - Pastry brush
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Ingredients

- 1 cup plain flour
 - 3 teaspoons baking powder
 - Freshly ground black pepper
 - 2 cups grated or 100g piece of cheese to grate
 - 2 handfuls of spinach/silverbeet and herbs (eg. parsley, basil) to give $\frac{3}{4}$ cup once chopped
 - 1 egg
 - $\frac{1}{2}$ cup milk
 - Soft butter to grease the tins
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How to make it

1. Heat the oven to 200°C (or 190°C fan bake).
2. Grease muffins tins with butter by using a pastry brush to lightly coat .
3. Wash and dry the spinach and herbs and allow to dry on a clean tea towel. Once herbs are dry then finely chop and place in the large mixing bowl.
4. Grate the cheese if you are using it from a block or measure out if grated and add to the herbs.
Caution – sharp! Box graters can be sharp. Ask an adult to help you with this.
5. Sift the flour and baking powder into the large mixing bowl onto the herbs and cheese and top with a grind of black pepper. Stir till combined.
6. Crack the egg into a small bowl and lightly beat with a fork. Add the milk. Then pour into the large mixing bowl.
7. Using a mixing spoon, gently mix all the ingredients together (do not over mix).
8. If using regular size muffin tin fill each hole in the tin with a heaped tablespoonful of the mixture. If using mini muffin tins fill with a heaped teaspoon.

Herby Cheese Puffs with Spinach

9. Bake for 10-12 minutes until risen and slightly golden. Remove from the oven and allow to cool for 5 minutes. **Caution – hot! Ask an adult to help you with this.**
10. Remove from tins and cool on racks. **Caution – hot! Ask an adult to help you with this.**

Notes:

- 🍷 The key to making a tender puff is to stir the batter gently and not overmix.
- 🍷 You can experiment with different greens and herbs to find your favourite combination.

Skills:

- 🍷 Chop, grate, grease, **stir***

* Stir: to mix ingredients in a circular pattern with a spoon