



MINCE PIES

You just cannot beat a homemade mince pie at Christmas ... and pastry making is a basic skill that every child should have a go at.

You could make whatever shape pastry top you like - just get creative and go for it!



Skill Check (as appropriate for each Key Stage):

Follow a recipe; follow food safety & hygiene rules; tidy away; use a sieve; rub fat into flour; handle and roll pastry; cut out rolled pastry; use balance/digital scales; garnish and decorate.

Equipment: Weighing scales, mixing bowl, wooden spoon, sieve, shallow muffin/cupcake tin, rolling pin, cookie cutters, tablespoon, oven gloves.

Ingredients (makes 32 mince pies):

- 560g plain flour
- 240g butter, cut into cubes
- 80g sugar
- Pinch of salt
- Grated zest and juice of 2 oranges
- 2 jars of mincemeat
- Icing sugar for dusting

Method

1. In a bowl, sift the flour and salt together.
2. Add the butter and rub into the flour until it looks like breadcrumbs.
3. Add the sugar, grated zest and orange juice and mix together until the dough comes together. Knead the dough into a ball and cover with clingfilm. Place the dough in the fridge for 30 minutes.
4. When you're ready to roll the dough, set the oven to 180°C/Gas Mark 4 and grease a shallow muffin/cupcake tin.
5. Roll out the dough to about 2mm thickness and with a round cookie cutter cut the bases out of the dough and gently press them into the tin.
6. Place a tablespoon of mincemeat into each casing.
7. Now cut out the tops of the mince pies and place on top of the filling.
8. Bake for 30-35 minutes or until the pastry has browned.
9. Cool in the tin before removing and dust with icing sugar.



MINCE PIES Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about Mince Pies ...

Pastry is basically a dough which can be sweet or savoury. All types of sweet pastry tend to be high in both fat and sugar and therefore they should be eaten less often and in small amounts.

Mincemeat is a mixture of chopped dried fruit, peel, spices and either beef suet or vegetable shortening.



Energy, sugar, fat and salt per serving

Per 51g serving

ENERGY	851kJ / 202kcal	10%
FAT	7.5g	11%
SATURATES	3.9g	20%
SUGARS	19.4g	22%
SALT	0.2g	4%

% of an adult's reference intake

Typical values per 100g : Energy 1668kJ / 397kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.