



Supermarket Sweep

How can I make a savoury product?


1. What is a savoury tart?

Savoury food has a **salty** or **spicy** flavour rather than a **sweet** one.



The crusts are made from pastry dough, which is usually made using flour, sugar, unsalted butter and ice cold water.



Healthy Diet	eating a variety of foods that give us nutrients.
Varied Diet	eating different foods.
Food Groups	collection of foods that share similar nutritional properties.
Claw Cut	grip to use when cutting to keep your hands safe.
Snip	A type of cut which typically uses small quick strokes.
Grater	reduce food to small shreds by rubbing it on a grater. 

2. How can I cut and prepare food safely?



<ul style="list-style-type: none"> Always wash your hands before preparing and handling ingredients Ensure your equipment and surface is clean. Understand how to store food Always hold kitchen equipment safely 	<ul style="list-style-type: none"> Do not travel around the room with kitchen tools Do not touch your face and hair when handling food Do not eat any of your ingredients
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3. How do you prepare and make a tart?

- Preheat the oven to 200C fan/gas mark 7.
- Line a baking tray with greaseproof paper
- Roll out the pastry to a rectangle measuring
- Prick the pastry all over with a fork.
- Cook the ingredients for the filling.
- Scatter the ingredients on the pastry, then bake the tart in the oven for about 30 minutes, until the edges of the pastry are golden brown.
- Remove from the oven and serve warm, or leave to cool.