



# Supermarket Sweep

## Can we improve Nadiya's savoury tart?

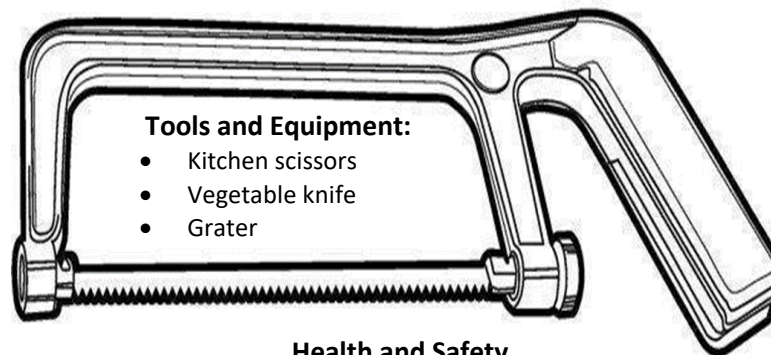
### 1. How can I make a savoury tart?

#### Claw Grip:



**Curl** your hand into a **claw** with the **fingertips pressing down** to stop ingredients slipping.

The **hand** then moves backwards in **even** steps as you slice.



#### Tools and Equipment:

- Kitchen scissors
- Vegetable knife
- Grater

#### Health and Safety



Do's

- Always wash your hands before preparing and handling ingredients
- Ensure your equipment and surface is clean.
- Understand how to store food



Don'ts

- 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

#### 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.

#### Entrepreneur

person who sets up a business.

#### Grater



### 2. 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.

### 3. How do you prepare and make a tart?

1. **Preheat** the oven to 200C fan/gas mark 7.
2. **Line** a baking tray with greaseproof paper
3. **Roll out** the pastry to a rectangle measuring
4. **Prick** the pastry all over with a fork.
5. **Cook** the ingredients for the filling.
6. **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.
7. **Remove** from the oven and serve warm, or leave to cool.

