|  |  |
| --- | --- |
| S3 | Apple Pie - filling -(lesson 2) |

**Success Criteria**

* Identify nutrients present in the ingredients used in this recipe and explain why these are important for the elderly
* Successfully make product in a safe and hygienic manner.

|  |  |  |
| --- | --- | --- |
| **Ingredients** | | **Equipment** |
|  | Pastry from lesson 1 | Peeler |
|  |  | Vegetable knife  saucepan |
|  |  | Chopping board |
| 1 large  Pinch  25g | Cooking apple  Cinnamon/nutmeg/ginger (optional)  sugar | Rolling pin  tableknife  Foil tray (round)  Baking tray |
|  |  |  |
|  |  |  |

## Method

1. Set oven 190oC / gas 5
2. Peel, core and thinly slice apple.
3. Place apples a saucepan with 15ml spoon of water, lemon juice, spices and sugar. Cook gently until apples soften. For approximately 5 minutes.
4. Lightly flour table. Half pastry. Roll out to a circle slightly larger than the tin (foil tray).
5. Line the foil tray and trim excess pastry.
6. Layer cooked apples on base of pastry.
7. Roll out remaining pastry (for lid). Place pastry on top of base. Trim. Seal edges.
8. Place on a baking tray and bake for 15-20 minutes

|  |
| --- |
|  |