

# Cheese straws

## Ingredients

75g plain white flour  
 25g plain wholemeal flour  
 ½ x 5ml spoon of mustard powder  
 50g butter or baking fat/block  
 50g cheddar cheese  
 2 x 15ml spoons cold water

**Complexity:** low-medium



## Equipment

Baking tray, weighing scales, sieve, measuring spoons, mixing bowl, grater, chopping board, palette knife, flour dredger, rolling pin, oven gloves and cooling rack.

## Method

1. Preheat the oven to 200°C or gas mark 6.
2. Grease or line the baking tray.
3. Sift the flour and mustard powder into the mixing bowl.
4. Using your fingertips, rub the fat into the flour until it resembles fine breadcrumbs.
5. Grate the cheese.
6. Stir the cheese into the flour mixture.
7. Using a palette knife, mix to form a smooth dough, adding a little cold water to help bind the mixture together.
8. Roll out, on a lightly floured surface, to form a rectangle about 0.5cm thick.
9. Trim away the edges and cut into thin strips, about 1.5cm x 7cm, using a palette knife.
10. Place the straws on the baking tray.
11. Bake for 10 minutes, until golden brown.
12. Allow to cool before transferring from the baking tray onto a cooling rack.

## Top tips

- Use the rolling pin like a ruler, to help you cut even strips.
- You may like to brush the cheese stick with water and sprinkle with sesame seeds or poppy seeds before baking, but be aware of student allergies.
- Add mixed herbs, chilli flakes or a different type of cheese.

## Food skills

- Weigh.
- Measure.
- Rub in.
- Grate.
- Mix.
- Roll out.

- Trim and cut.
- Bake.

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