

Let's get cooking ... right?

One of life's most rewarding journeys is learning to cook. Cooking is a 'life skill', one that helps us to make better choices and learn to live independently. And enjoying food is one of life's great pleasures.

Cooking isn't just about following recipes. It is also about working safely and hygienically, choosing the right equipment, understanding the language of recipes, and practising some useful techniques. Accurate measurement is the key to the success of many recipes. Knowing this stuff is important, no matter where you are in your journey; whether you are a bit of a newbie or an accomplished 'master chef' or anywhere in between!

Polenta and orange biscuits

Ingredients

- ½ C plain flour
- ¼ teaspoon baking powder
- ½ C (100 grams) caster sugar
- 1 C (180 grams) polenta
- 100 grams unsalted butter, cubed
- zest of 1 orange
- 1 egg, lightly beaten
- 2 teaspoons orange juice

Method

1. Preheat the oven to 180°C.
2. Line two baking trays with baking paper.
3. Sift the flour and baking powder into a large mixing bowl.
4. Add the sugar and polenta and mix together with a wooden spoon.
5. Rub in the butter until the mixture resembles fine breadcrumbs.
6. Add the orange zest and mix through.
7. Add the egg and the orange juice and mix into a soft, moist dough.
8. Turn out onto a lightly floured surface and knead gently. The dough should still be very moist.
9. Wrap the dough in cling wrap and refrigerate for 15 minutes.
10. Using a standard measuring tablespoon, take spoonfuls of the dough and roll them into balls with your hands.
11. Place the balls on the baking trays, allowing enough space for the biscuits to spread.
12. Bake for 15 minutes, or until the biscuits are a pale, golden colour around the edges.
13. Remove the biscuits from the oven and allow them to cool on the baking trays for 5 minutes before transferring them on to a wire cake cooler.



Recipe source: Home Economics Victoria 2008, Start cooking, Macmillan Education Australia, p. 145

These biscuits will not brown on the top, so do not use browning as a sign that they are ready. The biscuits should be pale except around the edges, which should be golden in colour.

Makes 30

Note: Polenta is finely or coarsely ground, dried, yellow or white cornmeal or maize; it is a staple food in northern Italy.