

Savoury swirl lollies

bake

A yummy recipe idea that is fun to make and eat

You'll need:

- 1 block of puff pastry, or use ready-rolled puff pastry
- Fillings – grated cheese, smoked salmon, green or red pesto – any of these, or use a combination
- A beaten egg
- Flour
- 2 baking trays
- A rolling pin
- A kitchen knife
- A pastry brush
- Wooden lolly sticks
- A kitchen slice
- A wire cooling rack



1. Preheat the oven to 200°C and lightly grease the baking trays. Roll out the pastry onto a floured surface to about 4mm thick. Trim the edges with a knife to make a square, about 30cm x 30cm.
2. Brush the right- and left-hand edges of the pastry with beaten egg, then spread a filling into the middle. You'll need enough filling to evenly cover the whole pastry almost up to the edges. Carefully roll up the pastry with the filling inside to make a tight swirl.
3. Carefully cut the pastry roll into neat slices using a sharp knife (an adult will need to do this), keeping the circular shape as much as possible. Make the slices about 2cm wide. Place flat onto a baking tray with at least 4cm between each one.
4. Lightly brush each swirl with beaten egg. Bake in the oven for 15 minutes on a middle shelf, until golden brown. Leave to cool slightly then transfer the swirls onto a wire rack with a kitchen slice.
5. Push a lolly stick into each swirl when they have completely cooled.

tips

If the pastry is crumbly, leave the swirls in the fridge for a couple of hours, so they become firmer before pushing in the sticks.

As this activity involves handling raw egg, use this as an opportunity to talk to children about the importance of hand washing and hygiene.