**Heart Shaped Fruit-Filled Rolls**

Cookery Principle: Biscuit Method Variation Time: 15 min

Standards: golden brown, spirals tight, filling stays in Pan: baking sheet

The bun, heart shaped, glaze proper consistency Temp: 400oF

**Ingredients**:

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| *Biscuits* | *Strawberry Filling* | *Raspberry Filling* |
| 250 mL sifted flour | 125 ml strawberries, diced | 125 ml raspberries |
| 7 mL baking powder | 15 ml sugar | 25 ml sugar |
| 60 ml margarine | 5 ml cornstarch | 5 ml cornstarch |
| 7 ml sugar |  |  |
| 1 ml salt | *Glaze* |  |
| 100 ml water | 60 ml icing sugar |  |
| 25 ml milk powder | 5 ml milk |  |
|  | ½ ml vanilla |  |
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**Method:**

1. Self-preparation – hair, apron, wash hands
2. Check that the oven racks are in the middle position and preheat oven to 400oF.

**Filling:**

1. If using strawberries, first dice into small pieces before proceeding with the next step
2. Place diced strawberries *or* raspberries, sugar, and cornstarch in a small sauce pan. Stir to combine.
3. Cook over medium heat, stirring occasionally until the sauce is thick and bubbly.
4. Put filling into cereal bowl, place in the fridge and allow to cool completely before spreading on the biscuits. Complete this step ***before*** proceeding with the biscuits.

**Biscuits**

1. Stir flour in canister and measure.
2. In a large bowl, sift together the flour, baking powder, and, salt.
3. Cut fat into the flour with a pastry blender until it resembles course meal.
4. Make the milk. Gradually add the milk to the dry mixture in the large bowl, tossing with a fork until the mixture forms a ball. You may not use all the milk. Your dough should ***not*** be sticky.
5. Turn dough out onto a lightly floured surface. Gently knead 8-10 time.
6. Roll out into a 20 x 22 cm rectangle (about the size of your recipe)

**Assembly:**

1. Line your baking sheet with parchment paper and set aside.
2. Trim the short ends of your rolled dough to make them straight.
3. Spread the cooled filling evenly over the dough, spread to within 1.2 cm from the edges.
4. Starting with one of the long edges, roll towards the middle. Repeat for the other long edge – the rolls should meet in the middle.
5. Place the rolled dough onto a cutting board. Score the roll into 8 sections. Cut along the score lines made with a serrated knife.
6. Place the bun cut side down on the baking sheet. Pinch the middle of the bottom edge to create point – arrange the rounded edges as necessary to create a heart shape.
7. Bake for 15 minutes or until lightly browned. Remove from pan to a cooling rack to cool while preparing the glaze.

**Glaze:**

1. Stir icing sugar, milk, and vanilla together in a small cereal bowl, adding more icing sugar or milk as necessary to make a consistency that can be barely poured. The glaze should run off the spoon in a smooth ribbon and mound slightly in the bowl.
2. Drizzle over the buns while still warm.

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| **Equipment in Unit** | **Equipment on Tray** |