



# Rapunzel

Disney  
PRINCESS

## HAM & CHEESE PASTRY PLAITS

Rapunzel loves to wear her long hair in beautiful plaits while she paints and draws. Practise your own plaiting skills with these uniquely shaped pastries!

### Directions

1. Ask an adult to help you pre-heat the oven to 200°C.
2. In a mixing bowl, stir together the flour, polenta, baking powder, and salt.
3. Use your fingertips to pinch the butter into the flour mixture until the bits are the size of peas. Stir in the ham and cheese. Add the milk, and stir the mixture just until it starts to look doughy.
4. Sprinkle some flour onto a cutting board and set the dough on top. Sprinkle a little more flour on the dough to keep it from sticking. Using a rolling pin, flatten the dough into a 30cm square. The dough should be between 0.6cm and 1.3cm thick.
5. Ask an adult to help slice the square into quarters. Then slice each quarter into 12 strips, each about 15cm long.
6. Now it's time to plait the dough. Gather 3 strips, and pinch them together at the top. Take the right section and cross it over the centre section so that they switch places. Then, take the left section and cross it over the centre section. Keep going until the whole strip is plaited, then pinch the strands together at the bottom. Repeat until you've plaited all the strips.
7. Ask an adult to help you with the oven. Place the plaits, spaced apart, on an ungreased baking sheet. Bake them until the dough starts to turn golden brown (about 8 to 10 minutes).

• Makes 16 •

### Ingredients

2 cups flour

½ cup polenta

3 tsp baking powder

1 tsp salt

5 tbsp cold butter,  
cut into several pieces

½ cup diced ham

½ cup shredded  
cheddar cheese

1 cup milk

### Tip

You can use grated  
Parmesan or Romano  
cheese instead of  
cheddar, if you'd like.

