



Norfolk Federation of WIs

Charity Number: 227411

Yarmouth Straws

From Sue Eagle, Hempnall WI

- 4oz short crust pastry
 - 1 & half strong cheddar grated
 - pinch cayenne, 4oz Kipper fillets
 - 1 egg, beaten.
1. Set oven to 375 F/Mark5.
 2. Roll out pastry on floured surface to about quarter inch thickness.
 3. Sprinkle half the grated cheese over the pastry & season with cayenne.
 4. Fold pastry into three and roll out again.
 5. Cut pastry into strips about quarter inch wide and 3 inches long.
 6. Cut the Kipper filets into thin strips of same length.
 7. Place a strip on each pastry strip.
 8. Twist together, pinching the ends to secure.
 9. Brush lightly with beaten egg.
 10. Place straws on greased baking tray.
 11. Bake for about 20 mins until pastry golden brown.
 12. Enjoy!!

