



Recipe of the Month September 2026

Cheesy Star Fish

Ingredients

* Puff pastry

* Grated Cheddar Cheese



Method

Get ready: Ask an adult to preheat the oven to 200°C (180°C fan).

Roll: Sprinkle a little flour on your work surface and gently roll out the puff pastry.

Make the stars: Use the star-shaped cutter to cut out starfish shapes. ★

Add cheese: Sprinkle a little grated cheddar in the middle of each star.

Make the starfish: Place another pastry star on top and gently press around the edges with your fingers to seal it.

Brush: Put the pastries on a baking tray lined with baking paper. Brush the tops with beaten egg.

Decorate: Sprinkle with a little extra cheddar or some sesame seeds if you like.

Bake: Ask an adult to put them in the oven. Bake for 12-15 minutes, until puffed up and golden.

We would love the children to take part in a simple cooking activity at home.
Cooking is a great way for children to develop important skills such as
communication, fine motor skills, early maths and independence.

We would love if you share your photos with us on Tapestry!