

## Cornish Pasties

### Key Points

How Difficult	Servings	Preparation Time:	Cooking Time:	Freeze?
Medium	6 portions	30 mins (plus 30 mins refrigeration)	55 mins	Yes - ideal
This & other recipes can be found at <a href="http://www.cookuk.co.uk">www.cookuk.co.uk</a>				

### Ingredients



Metric	Imperial
<b>Shortcrust Pastry</b>	
220 g plain flour	8 ounces plain flour
55 g butter	2 ounces butter
55 g lard	2 ounces lard
½ teaspoon dry mustard	½ teaspoon dry mustard
2 tablespoons water	2 tablespoons water
<b>Filling</b>	
170 g minced beef	6 ounces minced beef
1 medium sized old potato	1 medium sized old potato
1 medium onion	1 medium onion
115 g swede	4 ounces swede
1 medium carrot	1 medium carrot
2 teaspoons mixed herbs	2 teaspoons mixed herbs
2 fl oz / 120 ml beef stock (one stock cube)	¼ cup beef stock (one stock cube)
½ teaspoon English Mustard	½ teaspoon English Mustard
1 medium egg	1 medium egg
Pepper to taste	Pepper to taste

### What Special Kitchen Equipment

Rolling pin, pastry brush

## The Pastry



1. Ideally the butter and lard should be at room temperature. Cut it into cubes and leave outside the refrigerator for half an hour. Put the butter and lard in a large bowl and sift the flour over them. Sift from as high as is reasonable to incorporate air into the flour. Sprinkle the dry mustard over the mix.

Take a knife to the mixture and cut the butter and lard into the flour - do this for two minutes.

2. Rub the mixture together with your fingertips as gently as possible. As you rub the mixture, raise your hands and let the rubbed mixture drop back into the bowl. This will add air into the mixture.

Continue doing this until the mixture is evenly crumbly with maybe the odd few larger lumps. Don't overdo this rubbing.



3. Sprinkle one tablespoon of water over the mixture and use a knife to mix and bring the dough together. Do this for a minute or so then begin to bring it all together gently with your fingertips.

If the mix doesn't come together, add a small amount of extra water. The pastry is ready when it leaves the edges of the bowl fairly clean. Place the mix in a plastic bag in the refrigerator for 30 minutes.



## The Pasty



1. The most difficult part here will be chopping the swede. Peel the swede with a sharp knife. There is a clear line around the edge of the flesh, everything outside this line should be peeled. Chop the swede into small chunks.

2. Peel and chop the potato & carrots into small chunks and the onion finely chopped.



3. Put the chopped swede, carrot, potato, parsley, stock and onion in a bowl and add the minced beef and English Mustard.  
Use a knife to cut the minced beef into small strands and mix the lot together with your hands so that the ingredients are roughly spread evenly throughout the mixture. Add a few shots of pepper.

4. Take the pastry from the refrigerator and roll it out with a rolling pin to about 5mm (1/8 inch) thick. Press a saucer over the rolled pastry and cut round it to leave a circle of pastry. There should be enough pastry for 6 circles. You may need to do three circles then reform and re-roll the pastry. Place some of the filling on each circle. Enlarge the left hand picture for an idea of how much.



5. This part may look complicated but if the amount of filling is correct it's really easy. First pre-heat the oven to 180°C / 350°F / Gas Mark 4.  
Crack the egg and mix the white and yolk together. Brush a small amount of the egg around the edges of the pastry. Bring two edges of the pastry together to make a 'parcel' and crimp the edges together all the way round.

6. Brush the sides of the pasties with the egg (to give a browned colour during cooking).  
Put the pasties in the pre-heated oven on a greased baking tray for 55 minutes.



7. Serve the pasty with whatever takes your fancy, fresh vegetables, baked beans or just by themselves. We took the absolute English accompaniment and served them with chips from our local chippie - absolutely delicious!