

# Pasties with Flaky Pastry:

## Cornish



### Ingredients for Flaky Pastry:

- 300g Plain Flour
- 150ml (approximately) Cold Water
- 113g Butter
- 112g Lard or Trex
- 3 Teaspoons Lemon Juice: School to Provide
- 1 Teaspoon Dried Mixed Herbs
- Pinch Salt: School to Provide
- Milk and Egg Wash: School to provide



You will need a container to take your pasties home in.

### Filling Ingredients:

- 200g Mince Meat of Your Choice (e.g. Beef, Lamb)
- 80 - 100g Diced Potato
- 60 - 80g Vegetables of Your Choice (e.g. Onion, Carrot, Swede, Mushrooms, Peas)
- 1 Tablespoon Plain Flour
- Seasoning of Your Choice



### Method:

1. Preheat the oven to 200°C or Gas Mark 6.
2. Weigh and measure out all the ingredients accurately.
3. To make the filling: Peel and cut the vegetables into small even size pieces.
4. If you are using onions and any other soft vegetables such as peppers or mushrooms, add these to a frying pan and fry these with the mincemeat. This should be done on a low heat. Fry for 5 to 10 minutes, until the vegetables are soft and the meat is cooked.
5. Fill a saucepan 1/3<sup>rd</sup> full with warm water. Bring to the boil. Add the potatoes and any other hard vegetable for example carrot and swede. Boil until just tender, this will take approximately 10 minutes. Drain the water using a colander.
6. Mix all the vegetables together along with the mincemeat. Season with pepper. Allow to cool on a white plastic tray, while the pastry is being made.
7. To make the flaky pastry: Mix fat together on a plate until soft, use a fork to do this. Divide the fat into four portions using a knife.
8. Sieve flour into a large bowl and rub in a ¼ fat, the mixture should resemble breadcrumbs. Add in the dried mixed herbs.
9. Add the lemon juice and enough cold water to mix to a soft dough.
10. Knead and roll out into a rectangle shape.
11. Dot a quarter of the fat over the top 2/3<sup>rd</sup>'s and fold the bottom 1/3<sup>rd</sup> up over the middle 1/3 and seal the edges and fold the top 1/3<sup>rd</sup> over the middle 1/3<sup>rd</sup> and firmly seal the edges.
12. Quarter turn the pastry, so the long seal is on the right.
13. Repeat step 12 twice more.
14. Turn once more and fold in half.
15. Chill to allow fat to set (you can chill between each addition of fat if time).
16. Once chilled, roll the pastry out carefully. Remember to always roll forward to ensure there is an even pressure on the pastry.
17. Use a pastry cutter to cut the pastry out into even size pieces.
18. Place some of the filling mixture in the centre of each of the pastry circles. Dampen the edges with water and fold and seal the edges together. Neaten the edges by pressing them with a fork or using your fingertip to 'flute' them into a wavy line.
19. Place the pasties on a baking tray and glaze with beaten egg and milk wash.
20. Bake in the oven for 12 – 15 minutes until crisp and golden.

