

Pasties with Shortcrust Pastry

Cornish



Ingredients for Shortcrust Pastry:

- 300g Plain Flour
- 75g Butter
- 75g Lard / Trex
- 60ml Cold Water
- 1 Teaspoon Dried Mixed Herbs
- Pinch of 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 1/3rd full with warm water. Bring to the boil. Add the potatoes and carrot and any other hard vegetables. 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 shortcrust pastry: Cut the butter and lard / trex into small pieces.
8. Sieve the flour into a large bowl.
9. Add in the pinch of salt, butter and lard / trex.
10. Rub fat into the flour with your fingertips until it resembles breadcrumbs. Add in the flavouring, for example dried mixed herbs. Mix with a round bladed knife.
11. Measure the cold water on the weighing scales.
12. Make a well in the middle of the breadcrumbs and add the water a little at a time, mixing with a round-bladed knife until it forms a dough.
13. Allow to chill in the fridge for approximately 10 minutes. Ideally, the pastry should be allowed to chill for an hour.
14. Once chilled, roll the pastry out carefully. Remember to always roll forward to ensure there is an even pressure on the pastry.
15. Use a pastry cutter to cut the pastry out into even size pieces.
16. Place some of the filling mixture in the entrée 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.
17. Place the pasties on a baking tray and glaze with beaten egg and milk wash.
18. Bake in the oven for 15 – 20 minutes until crisp and golden.

