

# Cheese and Vegetable Pasties

## Ingredients for Flaky Pastry:

- 300g Plain Flour
- 150ml (approximately) Cold Water: School to Provide
- 113g Butter
- 112g Lard or White Fat
- 1 Tablespoon Lemon Juice: School to Provide
- 1 Teaspoon Dried Mixed Herbs / Chilli Flakes
- Pinch Salt: School to Provide



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

## Filling Ingredients: To be prepared and cooked at home

- 1 Small Onion: Finely Cut
- 1 Small Potato: Peeled and Diced
- 50g Cheese e.g. Cheddar, Red Leicester
- 15g Butter / 1 Tablespoon Vegetable Oil
- Pinch of Black Pepper



**Please ensure all the filling / optional filling ingredients are prepared and cooked at home prior to the lesson.**

## Optional Filling Ingredients: To be prepared and cooked at home

- 30g Swede: Peeled and Diced
- 2 Mushroom: Finely Cut
- 1 Celery Stick: Finely Diced
- 1 Small Carrot: Peeled and Diced
- ½ Pepper: Finely Cut



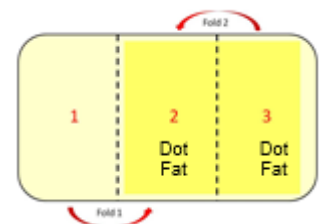
## Method: To be completed at home

1. Weigh and measure out all the ingredients accurately.
2. To make the filling: Peel and cut the vegetables into **small even size pieces**.
3. If you are using onions, peppers, mushrooms or celery, add these to a frying pan and sauté in the butter or oil. This should be done on a low heat. Sauté for 5 to 10 minutes, until soft. Allow to cool.
4. Fill a saucepan 1/3<sup>rd</sup> full with warm water. Bring to the boil. Add the potatoes, carrot and any hard vegetables. Boil until just tender, this will take approximately 10 minutes. Drain the water using a colander, and run under cold water to cool.
5. Grate the cheese onto a plate.
6. Mix all the cooled vegetables together and add the grated cheese. Season with pepper.



## Method: Lesson 1: To be completed in school

1. 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.
2. Sieve flour into a large bowl and rub in a ¼ fat, the mixture should resemble breadcrumbs. Add in the dried mixed herbs or chilli flakes.
3. Using weighing scales, weigh the water into a measuring jug and add the lemon juice.
4. Slowly add the water and lemon juice mixture to the flour, using a round bladed knife to mix until a soft dough is formed.
5. Turn the dough onto the work surface and knead. Roll out into a rectangle shape.
6. 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<sup>rd</sup> 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.
7. Quarter turn the pastry, so the long seal is on the right.
8. Repeat step 6 twice more.
9. Turn once more and fold in half.
10. Place pastry in a food bag and label with your name. Chill / freeze until your next lesson to allow the fat to set (you can chill between each addition of fat if time).



## Method: Lesson 2: To be completed in school

1. Cut the pastry in half using a round bladed table knife. Roll one half of the pastry out carefully on a lightly floured work surface. Remember to always roll forward to ensure there is an even pressure on the pastry. Do the same for the other half of the pastry. Any leftover piece of pastry can be layered together and rolled out.
2. Use a large circular pastry cutter to cut the pastry out into even size pieces.
3. 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.



## Method: To be completed at home

1. Preheat the oven to 200°C or Gas Mark 6.
2. Place the pasties on a baking tray and glaze with beaten egg and milk wash.
3. Bake in the oven for 15 to 20 minutes until crisp and golden.

