

Cornish Pasties

INGREDIENTS:

250g plain flour
125g butter
1 small onion
1 large potato
1 carrot
1x sirloin steak (230g) or similar
1 egg
Worcestershire sauce
1tbsp oil

Equipment:

bowl
Knife
Chopping board(s)
peeler
frying pan
rolling pin
Baking tray
Small bowl/jug

For vegetarian option you could use Quorn mince or Tofu and/or add 22g grated cheese of your choice.

METHOD:

1. Preheat oven to 180 degrees

Pastry:

2. PUT 250g flour and 125g cubed butter in the bowl.
3. Using your FINGERTIPS, rub the butter into the flour to form fine breadcrumbs. FILL a little water into the jug and spoon a table spoon at a time to bring pastry together.
4. WRAP your dough in clingfilm. Add name and put into the fridge to REST

Filling:

5. Now PEEL and DICE onion, potato and carrot into small pieces on GREEN chopping board.
6. CUBE your meat into small pieces (on separate RED chopping board)
7. FRY meat in a little oil until brown.
8. ADD onions and fry until they turn translucent and soft .
9. ADD the chopped vegetables (Carrot, potato)
10. CRUMBLE the stock cube (if using) ADD a splash of Worcester sauce SEASON with salt & pepper.
11. GENTLY FRY until vegetables start to turn soft.

Assemble

12. REMOVE pastry from fridge and ROLL OUT on a floured surface.
13. Use a saucer as a TEMPLATE to make a circle.
14. SPOON a small amount of meat and vegetables into the middle of the circles.

15. BRUSH $\frac{1}{2}$ the circle edge with egg so it sticks. BRING edges together and CRIMP to form a 'D' Shape.

16. REPEAT

17. BRUSH pasties with egg which will form a GLAZE

18. BAKE for 20-25 minutes, until golden and crispy.

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