

Cornish Pasty



Great for picnics – I always take one for the six hour ferry trip (along with a pork pie – homemade of course!). Arguments rage about the precise ingredients (personally I'm not too bothered about swede, turnips or squashes and tend to substitute carrot).

Ingredients

- **Shortcrust pastry**
- 450g plain white flour
- 250g chilled butter, diced

- **Filling**
- 350g lean chuck steak, finely diced
- 1 small onion, finely chopped
- 1 potato, about 175g, peeled and finely diced
- 175g butternut squash or swede, peeled and finely diced
- 2 tbsp beef or vegetable stock
- salt and freshly ground black pepper
- beaten egg or milk, to glaze

Method

Prep:50min Cook:1hr15min Ready in:2hr5min

1. Sift the flour and a pinch of salt together into a mixing bowl. Rub in the fat until the mixture resembles fine breadcrumbs. Sprinkle 6 tbsp chilled water evenly over the surface, then mix with a round-bladed knife or fork. Add a little more water if the mixture is too dry. Gather the dough together, then lightly knead on a floured surface for a few seconds until smooth. Wrap and chill in the fridge for 20 minutes.

2. Meanwhile, make the filling. Put the steak, onion, potato, squash or swede, stock and parsley in a bowl. Season generously with salt and pepper and mix well. Preheat the oven to 200°C (gas 6).
3. Divide the pastry into eight pieces, then roll out each piece on a lightly floured surface to a 20cm round. Spoon an equal amount of the filling onto the centre of each pastry round.
4. Brush the pastry edges with beaten egg or milk, then bring together at the top. Press the edges firmly together to seal, then crimp the edges or pattern them with a fork.
5. Place the pasties on lightly greased or non-stick baking trays and brush with beaten egg or milk. Make a small hole in each to allow some of the steam to escape. Bake for 15 minutes, then reduce the oven temperature to 160°C (gas 3) and cook for a further 45 minutes–1 hour or until the pastry is nicely golden and the filling is cooked. (Test by piercing in several places with a fine skewer – it should go through with little resistance.) Serve hot, warm or cold.