

DT food 06/01/12 Cornish pasty

Ingredients

- 450g plain flour
- 1tsp salt
- 125g salted butter
- 75g lard
- 125ml cold water
- 450g potato, finely diced
- 150g swede, finely diced
- 150g onion, finely chopped
- 300g beef skirt, finely chopped
- Salt and black pepper

1 egg, beaten

Method

1. To make the pastry: Place the flour, salt, butter and into a food processor and blitz until the mixture forms crumbs. Slowly add the water until a ball of pastry miraculously appears - you may not need all the water. Wrap the pastry in cling film and leave it to chill in the fridge for an hour.
2. To prepare the Cornish pasty filling: Preheat the oven to 180°C (gas mark 4). Roll out the pastry to the thickness you like, but be careful not to tear it. Using a dinner plate as a template, cut out 6 discs of pastry.
3. Season the vegetables separately with salt and black pepper. Put the beef into a bowl and mix with the flour and some salt and pepper. Place some potatoes, swede, onions and beef on one half of the circle, leaving a gap round the edge. Brush around the perimeter of the pastry circle then fold the pastry over the vegetables and meat and seal firmly. Starting at one side, crimp the edges over to form a sealed D-shaped pasty. Brush the whole pasty with beaten egg, and then make a steam hole in the centre with a sharp knife.
4. Put the pasties in the oven and cook for 50 mins until they are crispy and golden and the filling is cooked through. Leave them to rest for 5-10 mins before eating.

