

PASTIES.

INGREDIENTS.

1 kg of beef mince

4 onions chopped

4 med potatoes diced

3 large carrots diced

200gm pumpkin diced

3 celery sticks diced

1 cup peas

1 cup corn

Salt and pepper

frozen sheets of puff pastry

1 tspn of butter

METHOD.

Chop and dice all the veg except the onions and place into a bowl and set aside.

Chop the onion and set aside separately.

Melt the butter in a frypan and when sizzling add the minced beef and fry until brown and starting to caramelize.

Add the onion and continue to fry over a moderate heat.

When the onions are translucent add the potatoes carrots and pumpkin and fry gently until they are nearly cooked.

Season with salt and pepper.

Add the peas and corn and lastly the celery. Turn off the heat and allow the mix to cool.

Cut out rounds from the puff pastry.

Spoon the mixture into the centre of the round and bring the sides together. Fold the top edge over and pinch the edges to seal in a pastie shape.

Brush the pastry with water. Sprinkle a little vegetable salt over the pastie, and then sprinkle a little bit of parmesan cheese (finely ground).

Cook in med to hot oven approximately 20 – 25 mins pastry should be puffed and lightly browned.

VARIATION.

The true Cornish pastie is made with beef, onions, potato and swede and is cooked in a short crust pastry.

I often add a little curry powder to my pasties just to give them a bit of zing.

There is no limit to what you can turn into a pastie cheese potato and onion is very popular in Cornwall.