

# *Cornish Pasties*



## *Ingredients*

### **Pastry**

1 lb (2 Cups) Margarine/Butter  
2 lbs Plain Flour  
Pinch of Salt  
Beaten Egg to Glaze  
½ Cup Water

### **Filling**

4 Large Potatoes  
2 Onions  
2 Carrots  
Mixed Herbs  
Salt & Pepper To Taste  
2 lbs Lean Stewing Beef

## *Directions*

### **Pastry:**

Mix flours and salt together, and rub in margarine/butter until crumbly. Mix in cheese. Add enough of the water to make a soft dough. Leave to rest. Meanwhile prepare the filling. Pre-heat oven to 400°F.

### **Filling:**

Peel and ½ inch dice potatoes. Peel and finely chop onion. Peel and thinly slice carrots. Place vegetables and sprinkle with mixed herbs. Trim any excess fat from the meat and cut into ½ inch dice, place on plate and season with salt and pepper.

Knead the pastry lightly and roll out on a floured surface. Using a side plate as a guide cut out circles. Place spoonfuls of the vegetable mixture on one half of the pastry. Top with diced meat and level mixture so it evenly fills half the circle, but leaving a ¾ inch border. Brush edges with a little water and carefully fold pastry over until edges meet. Press edges together well to seal tightly. Brush top edge with water and fold edge back on itself. Press together to seal tightly. Crimp edge to make a rope effect. Re-roll trimmings to make more pasties. Make a small cut in the top of the pasties for steam to escape. Place on greased baking pan.

Bake for 20 minutes until pastry is pale golden. Reduce oven to 350°F, brush pasties with beaten egg to glaze and cook for a further 20 minutes, until crisp and golden. Serves 8-10.

