

TRURO SCHOOL COOKERY

CORNISH PASTY

Makes 6

Pasty

500g strong bread flour

125g lard or white shortening

125g Cornish butter

1 tsp salt

175ml cold water



Filling

750g good quality beef skirt, cut into cubes

500g potato, peeled and diced

300g swede, peeled and diced

300g onion, peeled and sliced

60g butter

A little plain flour

Salt & pepper to taste (2:1 ratio)

Beaten egg or milk to glaze

Method

At least half an hour before you start to make the pastry, place the butter and lard (or shortening) into the freezer.

Add the salt to the flour in a large mixing bowl.

Grate the frozen butter and lard into the flour.

Add enough water to bring the mixture together to a dough and knead until the pastry becomes elastic. This will take longer than normal pastry but it gives the pastry the strength that is needed to hold the filling and retain a good shape.

Cover with cling film and leave to rest for 3 hours in the fridge. This is a very important stage as it is almost impossible to roll and shape the pastry when fresh.

Pre-heat your oven to 200°C, Gas Mark 7.

Meanwhile cut the skirt beef into small bite sized pieces and divide into 6

Peel the onions, potatoes and swede and chop finely into evenly sized pieces then mix together in a large mixing bowl

Cut the pastry into 6 even pieces and roll out each piece into a circle approximately 20cm in diameter. A dinner plate is an ideal size to use as a guide.

Folding one half of a piece of pastry over a rolling pin, one at a time to give a semi-circle, layer a handful of vegetables onto the semi-circle of pastry leaving a margin of 1 cm around the edge of the pastry.

Evenly place 1/6 of the meat over the top, then 'dot' 10g of the butter over the meat. Season well and 'shake' a little flour over the butter to make the gravy.

Finish with another layer of vegetables then brush around the curved edge of the pastry with beaten egg.

Bring the edges of the pastry together, press together firmly to seal then crimp the edges together.

Place onto a baking tray and glaze with beaten egg or an egg and milk mixture.

Continue for the remaining 5 pasties then place into the oven.

Bake at 200°C (fan oven) for 20 - 30 minutes until the pastry is golden and firm, then lower the temperature to 160°C (fan oven) for a further 45 minutes.