

Cornish pasties



Ingredients

- 225g lean braising steak
- ½ onion
- 50g swede
- 1 small potato, peeled and diced
- Black pepper
- 2 x 10ml spoon water
- 400g shortcrust pastry
- 1 egg, beaten.



Equipment

Chopping board, vegetable knife, peeler, measuring spoons, large bowl, spoon, flour dredger, rolling pin, small side plate, small bowl, fork, fish slice, pastry brush, oven gloves, baking tray.



Method

1. Preheat the oven to 180°C or gas mark 4.
2. Prepare the filling ingredients:
 - dice the meat;
 - peel and chop the onion;
 - peel and chop the swede.
3. Put the meat, potato, onion, swede and water into the small bowl. Season with a few twists of black pepper.
4. Mix everything together.
5. Divide the pastry into four.
6. Take one piece of the pastry and, on a lightly floured surface, roll it out. Place the small plate on top and cut around the plate to make a circle.
7. Place 3 to 4 spoons of filling in the middle of the circle.
8. Brush the edges of the pastry with beaten egg.
9. Pull up the two opposite sides of pastry and pinch them together all the way along.
10. Brush the pastie with a little beaten egg, then transfer it on to a baking tray.
11. Repeat this with the remaining pastry and filling.
12. Carefully, place the baking tray into the hot oven wearing oven gloves.
13. Bake the pasties for one hour.
14. Wearing oven gloves, remove the pasties from the oven. Place onto a cooling rack.



Handy hints

- Use a different chopping board and knife to cut the meat and vegetables.
- Use different fillings e.g. cheese and onion, or mixed vegetables.