



Cornish pasty recipe!

If you fancy making Cornish pasties at home (although, bear in mind that unless you live in Cornwall they cannot be called true Cornish pasties!), here is how my Cornish grandmother makes them.

Ingredients

- Pastry
- Onions
- Carrots
- Swede
- Beef (leave this out or add meat substitute for a vegetarian option)
- Salt and pepper

To make the pastry, you will need:

- 500g bread flour
- 200g butter
- 1 tbsp salt
- 200 ml water

Note: if you don't want to make your own pastry, JusRoll shop bought pastry works ok!

Directions

1. Pour the flour into a mixing bowl and add the salt.
2. Then, add the butter to the bowl. Roll it together with the salt and the flour until it is fully combined.
3. Pour half the water in and start kneading. If it looks a little dry, add the rest of the water in as required.
4. Continue kneading until the pastry has some elasticity. This will take a while - and you might not get it right first time!
5. Once the pastry is kneaded, roll it into a ball, cover it with cling film and put it in the fridge. Let it rest for at least 3 hours, but preferably longer.
6. After the pastry has rested, roll it out. Cut the pastry into circles of around 25 centimetres wide.
7. Chop the onions, carrots, swede, potato and beef finely. Mix it all together in a bowl and add some salt and pepper.
8. Add the mixture to one side of the pastry circle. Be careful not to add too much!
9. Then, fold over the other side of the circle.
10. Now it's time to crimp the edges. Once the two sides of the circle meet, push them together and upwards, creating the trim.
11. Once the pasties are complete, add a little egg or milk to the trim with a basting brush.



12. Put the pasties in a preheated oven. It should be around 200 degrees celsius for the first 10 minutes, and then bring it down to 180 degrees for around 45 minutes.
13. Believe it or not, many Cornish people eat their pasties with milk! Alternatively, you can just eat it fresh out of the oven.