

Cornish Pastry

Cornish pasty is one of England's great picnic foods. It reminds me of holidays, of seaside and sand, or of a wide expanse of moorland with magnificent views.



Ingredients

Your Cornish pasty will stand and fall with the quality of your ingredients. So choose good meat, quality vegetables and season your filling very well. The finer you cut your vegetables, the more the filling will blend and the tastier your pasty will be.

To feed four you need:

Pastry	Filling
<ul style="list-style-type: none">• 1 lb / 450g flour• 5 oz / 125g lard or butter• salt• water	<ul style="list-style-type: none">• 1 lb / 450g lean beef• 1 lb / 450g potatoes• 1 lb / 450g swede• 1 onion• 1 oz / 25g butter• salt and pepper

Preparation

Preheat your oven to 200°C / 400°F / Gas Mark 6.

Rub the lard into the flour and salt until well mixed, then add a splash of water to bind to a dough. Mix well.

Recipe B

Cut the meat and vegetables into small dice.

Divide the pastry into four pieces. Roll out each piece into a circle of about 6-7 in (15-18cm).

Line each pastry circle with a quarter of the vegetables and meat. Dot with butter and season well with salt and pepper.

Dampen the edges of the pastry and bring it up to cover the filling. Seal and crimp the edges.

Place on a non-stick baking tray and bake for 40-50 minutes.