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# Cornish Pasty

## *Nanna's old fashioned lard pastry*

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### **Nanna's old fashioned lard pastry ingredients**

3 cups plain flour

250g lard

1 tsp salt

$\frac{1}{3}$  cup cold water (approx)

### **Method**

In food processor, place flour, salt and lard. Process till combined. Start adding water, small amounts at a time. When dough forms a ball in the bowl, turn out onto a floured bench and carefully bring together. Wrap in cling wrap and refrigerate for at least 1 hour.

### **Gluten-free pastry ingredients**

125g cream cheese

75g cold unsalted butter, cubed

1 tsp salt

1 cup gluten-free flour

2g xanthan gum (available in health food shops)

### **Method**

Place all ingredients in a food processor, and process until combined.

Turn out onto a gluten-free floured bench and bring together by hand.

Chill pastry for about  $\frac{1}{2}$  hour. You will need to roll this pastry to about 3-4mm between two pieces of grease-proof paper to make it easier.

Then carefully use this pastry as per instructions below.



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### **Pasty filling ingredients**

- 1 medium swede
- 1 medium turnip
- 2 medium potatoes, peeled
- 1 large onion
- 250g minced beef
- ½ cup chopped parsley, optional
- Salt and pepper

### **Method**

Dice all vegetables into small cubes. Make sure all they are all around the same size so they cook evenly. Place in bowl. Mix through mince and parsley and make sure to season well.

### **Making the pasties**

Pre-heat the oven to 170 degrees. After the pastry has rested, roll out onto a well-floured bench to about 3-4mm thick.

Using a bread and butter plate as a template, cut around the pastry so you have a round piece. Re-roll any remaining pastry back into the main mix.

Place a hand full of filling in the centre of the pastry. Beat one egg in a bowl and brush the egg mix around one side only. If you add the egg mix all the way around it will be harder to join.

Bring egged edge and opposite edge together to form a purse. Holding the top secure, start from the right-hand-side and pinch firmly. Crimp to form a pastry handle so the filling is encased.

Brush with beaten egg and bake in over for about 20-25 minutes, keeping in mind that the filling will take at least this time to cook.

Cool on a wire rack or eat straight away.



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### **Handy hints**

You can use store bought short crust pastry sheets.

Vegetables can be grated instead of chopped if trying to disguise from little eyes.

Try using pork, chicken, lamb or even turkey mince.

Add some extra veggies like carrot, zucchini or pumpkin.

Can be made vegetarian.

Why not make two lots of lard pastry and put one in the freezer.

Pasties freeze well up to 2 months.

If frozen uncooked, make sure you thaw in the refrigerator before cooking.

Make cocktail-size pasties for those unexpected guests.