

Farm Pasties

Makes 10 to 12 pasties.

Mary Starkey
The Blue Ribbon Cookbook

Pastry

4 cups plain flour, sifted
250g butter (or margarine), chopped
pinch of salt
juice of half a lemon **or**
2 tablespoons white vinegar
cold water
1 egg

Filling

5 or 6 large potatoes
1 large onion
2 or 3 large carrots
1 medium swede
2 medium turnips
1 cup grated sweet potato
250g mince beef or lamb
salt and pepper



Method

To make the pastry, place the flour, butter and salt in a large bowl.

Rub in the butter until the mixture resembles fine breadcrumbs. Create a well in the centre and add the lemon juice or vinegar and enough water to make a soft dough (start with about half a cup and gradually add more if necessary). Use a knife to mix the dough.

To make the filling, grate or finely chop the potatoes, onion, carrots, swede and turnips. Place them in a large bowl with the sweet potato and meat. Add salt and pepper to taste and mix until well combined, using your hands.

Preheat the oven to moderately hot (190°C to 200°C in a conventional electric oven). Grease a baking tray, or cover it with baking paper.

Create an egg wash by beating together the egg and about 2 tablespoons of water.



Roll the pastry out to 2.5mm thick and cut into rounds, using a saucer and a sharp knife. Brush the edges of each round with the egg wash and place a large spoonful of filling in the centre of the pastry.

Lift opposite sides of the pastry up and pinch them together over the filling to create a frill over the top.

Brush the pasty with egg wash and place on the prepared oven tray. Bake for 30 to 40 minutes until golden brown.

Tips from the cook

- Leave the meat out and make a filling just using vegetables.
- Make sure the dough is soft but not sticky.
- Mary processes the vegetables with an old cast-iron mincer clamped to her kitchen table when she is baking them for home, but she says it's better to chop them finely for competition so the judges can clearly see the vegetables you have used. If you use a blender, be careful the vegetables do not turn to mush.
- Don't fuss with the pastry – you can usually roll it out straight after mixing without resting it in the fridge. Mary says the lemon juice or vinegar helps create a lighter pastry.
- Use a generous amount of ground black pepper to give the flavour an extra kick.