

Cornish Pasties



While pasties are also popular in other parts of England, it's the Cornish version that's proved universally popular with the county producing more than 3 million pasties a week.

Feeds: 4

Time to cook: 1 hour

Oven temperature: Gas mark 4-5, 180°C, 350°F

Take...

Lean beef braising steak
Onion
Swede
Potato
Stock cube
Shortcrust pastry
Egg

Make...

- 1 Cut **450g(1lb) lean beef braising steak** into small cubes and place into a bowl. Add **1 onion**, finely chopped, **100g(4oz) swede**, peeled and cut into thin short wedges and **1 potato**, peeled and cut into thin short wedges. Crumble over $\frac{1}{2}$ **beef stock cube**, add **45ml(3tbsp) water** and mix well.
- 2 **Divide 800g(1 $\frac{3}{4}$ lb) shortcrust pastry** into 4 and shape into balls. On a floured surface roll each out to a circle of approximately 23cm(9"), cut round a plate or saucepan lid to create a neat round. Place some of the filling into the centre of the circle. Brush one half of the edge lightly with **beaten egg** and bring the edges up together, pressing lightly together. Fold the edges over working towards you from one end to the other. Repeat with the remaining pastry and filling.
Brush all over with **beaten egg**. Place onto a greased baking tray and cook in a preheated oven for 1 hour.

Eat...

Serve withwhat ever you fancy - mashed potato and vegetables, salad, baked beans or a large dollop of your favourite ketchup, and a pint of the local brew ...