



## The Cornish Pastry

The Celtic Life international (April)

While the Cornish Pasty was originally an English dish of the upper classes and royalty it was adopted and adapted by miners and farm workers in Ireland (particularly Northern Ireland where it is a pastie.

### Ingredients

#### *Filling*

6 medium potatoes  
1 small red onion, chopped  
Quarter of Swede (rutabaga/ yellow turnip)  
1lb skirt of beef (or chuck steak), cut into small chunks  
Sea salt and pepper  
Half teaspoon of butter in each pasty  
Sprinkling of flour



#### *Short Crust Pastry*

10oz fat  
1 lb 8oz plain flour  
4 -5 tbsp water  
1 tsp cider vinegar  
Egg to glaze

### Instructions

Thinly slice the potato and Swede, chop the onions and meat by hand.

Mix all filling ingredients together apart from the butter, salt, pepper and flour.

In a separate bowl, rub the fat and the flour together; add the vinegar and the water and mix together to make a light dough.

On a lightly floured board, roll out the pastry to a quarter of an inch in thickness. Use a tea plate (approx. 7inches in diameter) to cut rounds of pastry out.

Divide filling mixture between the pastry rounds and season with salt, pepper and a knob of butter. On each pasty, pull up both sides of pastry to make a half moon shape. Press the edges firmly together and using finger and thumb, crimp to seal.

Brush each pasty with beaten egg.

Place the pasties on a baking tray lined with baker's paper, cook on middle or top shelf of the oven for 45 minutes at 450F (225C.)

The pasties are cooked when their base turns golden brown. Serves 6.



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