

# Cornish Pasties

## Feeds 4

Time to cook: 1 hour

Oven temperature: Gas mark 4-5 180°C

### Ingredients:

- Lean beef braising, chuck or skirt steak
- Onion
- Swede
- Potato
- Salt and Pepper
- Stock cube
- Shortcrust pastry
- 1 egg - beaten.

### METHOD:

Cut 450g lean beef braising or chuck steak into small cubes and place into a bowl. Add 1 onion, finely chopped, 100g Swede, peeled and cut into thin short wedges and 1 potato, peeled and cut into thin short wedges. Season well with salt and pepper and crumble over half a beef stock cube, add 45ml ( 3tbsp) water and mix well.

Divide 800g shortcrust pastry into 4 and shape into balls. On a floured surface roll out each ball into a circle approx 23cm, cut round a plate or saucepan lid to create a neat circle. Place some of the filling into the center of the circle. Brush one half of the edge lightly with beaten egg and bring the edges together. 'Crimp' the edges by folding them 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.

**SERVE:** with whatever you fancy! mashed potato and veg or salad, baked beans and chips. Or simply Ketchup and your favourite pint...