

Simmonds Tyres

BRIDGESTONE



ANDREW'S CORNISH PASTIE RECIPE

Andrew has always loved Cornish Pasties and especially the ones at the Night Market! He found a recipe and made them for us recently. The secret is in the pastry which I made in the food processor. He did all the rest and loved them! This recipe makes 2 pasties (but easily doubled if necessary).

Pastry:

110g all purpose/plain flour
Pinch of salt
55g butter, cubed
2-3 tbsp cold water

Filling:

¼ cup/50 g onion, finely chopped
½ cup/110g potato, cut into 5mm dice
½ cup/110g swede, cut into 5mm dice
110g rump steak, cut into small cubes
Salt and pepper
1 egg, lightly beaten

Preheat oven to 220 deg Celsius



First make the shortcrust pastry. Place the flour, butter and salt into a large clean bowl. Rub the butter into the flour with your fingertips until the mixture resembles fine breadcrumbs, working as quickly as possible to prevent the dough from becoming warm. Add the water to the mixture and using a cold knife stir until the dough binds together; add more cold water a teaspoon at a time if the mixture is too dry. Wrap the dough in Glad wrap and chill for a minimum of 15 minutes, but no more than 30 minutes.

The dough can also be made in a food processor by mixing the flour, butter and salt in the bowl of the processor on a pulse setting. When the mixture resembles breadcrumbs, add the water, slowly, through the funnel until the dough comes together in a ball. Wrap in Glad wrap and chill as above.

Divide the pastry into 4 and roll each piece into rounds the size of a tea plate (approx 6-7 inches in diameter). Place the onion, potato, swede and meat into a large mixing bowl and mix thoroughly. Season with salt and pepper. Divide the meat mixture between each pastry circle and place to one side of the circle. Brush the edges with a little bit of beaten egg. Fold the circle in half over the filling so the 2 edges meet. Crimp the 2 edges together to create a tight seal. Brush each pasty all over with the remaining beaten egg. Place the pasties on a greased baking sheet and bake for 45 minutes until golden brown. The pasties can then be served hot or cold.

Cnr Eruera & Ranolf Streets Rotorua, Phone: (07) 349 0034

Email: sales@simmondsfirestone.co.nz, Website: www.simmondsfirestone.co.nz