

Cornish Pasties made with rough puff pastry

Ingredients

225g plain flour

150g block margarine

(Wrap the margarine in tinfoil and label with your name. On arriving in school, put it in the freezer.)

Pinch of salt

Cold water to mix



Fillings... choose 1

Cheese, onion and potato: 100g grated cheese, 200g cooked diced potato, 1 small onion finely chopped

or

Meat and vegetable 200g cooked minced beef or an alternative such as Quorn, 100g cooked diced potato, 1 small onion finely chopped

Method:

1. Preheat the oven gas mark 6/7 or 200°C.
2. Sieve the flour and salt into a mixing bowl.
3. Remove the margarine from the freezer and hold it in the tinfoil. Grate it into the flour using the large holes on the grater.
4. Using a table knife, cut the fat into the flour until the mixture is crumbly.
5. Add 4-6 tablespoons cold water to form a dough which leaves the bowl clean.
6. Roll out into a large square and cut out 4 circles, approximately 20cm across. Squash the scraps together and roll out again to make two small circles.
7. Add the filling.
8. Wet the edges and fold over to form a pasty.
9. Crimp the edge.
10. Brush with beaten egg before baking for 20 minutes or until golden brown.

Safety points

Lesson 1: Prepare and cook fillings and chill. Prepare and chill pastry.

Lesson 2: Roll out pastry and make pasties. Bake and take home.

Photo