

PASTRY



Recipe for sweet pastry that was used in last weeks Lemon Meringue Pie

8 oz / 250g flour
4oz/125g margarine/butter cut into pieces
2oz/65g sugar [dissolved in.....]
2.5oz/75g cold water

By hand or mixer, mix flour with butter/marg until it looks like breadcrumbs.
Add in water and sugar mixture and mix slowly to make a soft pastry
To make it easier to handle put it in the fridge for 20 mins then use as you wish.

There are so many recipes for pastry, I am sure guns have been drawn at dawn over the debate for ' the best'

But ' hey' this works!!
We will do more recipes for pastry at a later date. Enjoy

Savoury pastry

This is just 'one' recipe for savoury pastry , it makes a ' tough' pastry which is good for holding in' fillings!!

8oz/250g flour
3.5oz/125g lard
pinch salt
3oz/90g boiling water

Mix lard with flour and salt until like breadcrumbs, pour in boiling water....be careful
Make into a ball of pastry cover with a teatowel or clingfilm and leave to sit for 10 minutes.

This will make about 6 cornish pasties.....it depends on what size

Filling for cornish pasties

200g mince beef [or whatever meat you like]
200g chopped potato
100g chopped onion
Chopped carrot, turnip, peas, herbs, curry powder, can also be added....whatever your taste is but don't name them cornish then.....how bout ' Kelly pasties', '
Salt & pepper

Roll out pastry and cut round using a saucer or plate.....whatever size you want. mix the filling ingredients together and place in along the centre of the pastry ' saucer'
brush one side of pastry with water , bring up the other side like a parcel and squeeze sides together. brush with egg and make a small piercing with a knife in the top to let out steam, place on a greased baking tray bake at 180 for 45mins.....DEPENDS on what size you make.

You can make small ones for the kids school lunches.
They are great served cold or hot with gravy veg and potato