
Cornish Pasties

Tudor Rose - Sarasota, FL

Sarasota's Chef Du Jour - 1992

8 ounces pastry dough (a regular two crust pie recipe will do fine)

8 ounces diced beef or lamb

2 ounces raw potato

2 ounces raw diced carrots

1 ounce peas

1 onion, diced

salt

pepper

Make the pastry. Cut large rounds out of the pastry dough with a saucer or a tea plate.

Chop or mince the meat. Peel the potatoes, onions and carrots. Dice finely. In a bowl, mix the meat and vegetables together adding salt and pepper.

Place the mixture evenly into the center of the pastry rounds, sprinkling with a little water. Brush the edges with water. Fold the edges together over the filling. Press together gently and flute the edges. Make sure that the pastie is completely sealed so that the steam cannot escape and the contents cook in their own juices.

Bake in a hot oven (425 to 450 degrees) for 15 minutes. Lower the temperature a little.

Bake for a full 30 to 35 minutes more.

Yield: 4 to 6 servings

Beef

Per Serving (excluding unknown items): 65 Calories; trace Fat (3.7% calories from fat); 3g Protein; 14g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Vegetable.