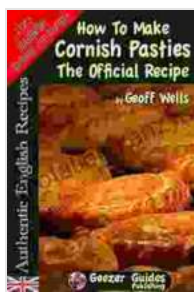


The Ultimate Guide to Making Authentic Cornish Pasties

Cornish pasties are an iconic English culinary delight, a savory pastry delight that has been enjoyed for centuries. Originating from the county of Cornwall in the southwest of England, these pasties were traditionally made by miners and fishermen as a portable and nourishing meal to sustain them during their long shifts.



How To Make Cornish Pasties The Official Recipe (Authentic English Recipes Book 8) by Geoff Wells

★★★★☆ 4.3 out of 5

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Today, Cornish pasties have become a beloved favorite enjoyed by people of all ages and backgrounds. Their unique combination of a flaky pastry crust, tender meat filling, and savory vegetables makes them an irresistible treat. While there are variations in recipes from family to family, the traditional ingredients and techniques remain largely unchanged, ensuring the authenticity and deliciousness of this classic dish.

Ingredients you'll need

- **For the pastry:**
 - 2 1/2 cups (300g) plain flour, plus extra for dusting
 - 1/2 teaspoon (2.5g) salt
 - 1 cup (250ml) cold Lard or butter chopped very cold
 - 1/2 cup (125ml) cold water

- **Filling:**
 - 1 pound (450g) skirt steak or chuck steak, cut into 1/2-inch (1 cm) pieces
 - 1 large onion, chopped
 - 2 large potatoes, peeled and cut into 1/2-inch (1 cm) pieces
 - 1/2 cup (125ml) beef stock
 - Salt and pepper, to taste

- **Egg wash:**
 - 1 egg
 - 1 tablespoon (15ml) cold water

Step-by-step instructions

1. **Make the pastry:**

1. In a large bowl, whisk the flour and salt together.

2. Add the lard or butter and start rubbing it into the flour with your fingertips until the mixture resembles fine breadcrumbs.
3. Add half of the cold water and mix together until a dough starts to form. If the dough is too dry, add a little more cold water. If the dough is too wet, add a little more flour.
4. Form the dough into a ball, wrap it in cling film, and refrigerate for at least 30 minutes.

2. **Make the meat and vegetable filling:**

1. In a large skillet, brown the steak over medium heat.
2. Add the onion and potatoes to the skillet and cook until the onion becomes translucent, about 5-7 minutes.
3. Add the beef stock, salt, and pepper to the skillet. Bring to a boil, then reduce heat to low and simmer for 30 minutes, or until the steak is tender and the vegetables are cooked through.

3. **Assemble the pasties:**

1. Preheat oven to 400°F (200°C).
2. On a lightly floured surface, roll out the pastry into a thin circle, about 12 inches (30 cm) in diameter.
3. Place a quarter of the meat and vegetable filling in the center of the pastry circle.
4. Fold up the edges of the pastry to form a half-moon shape. Seal the edges by pressing them together with your fingers.
5. Repeat this process with the remaining pastry and filling.

4. **Bake the pasties:**

1. Place the pasties on a baking sheet lined with parchment paper.
2. In a small bowl, whisk the egg and water together to make an egg wash.
3. Brush the pasties with the egg wash.
4. Bake the pasties for 30-35 minutes, or until the pastry is golden brown and the filling is hot and bubbly.

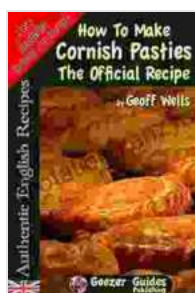
Tips for making perfect pasties:

- Use the best quality ingredients you can find. The flavor of your pasties will only be as good as the ingredients you use.
- Make sure the pastry is cold before you start rolling it out. This will prevent the pastry from sticking and tearing.
- Don't over-roll the pastry. The pastry should be thin enough to be cooked through, but not so thin that it tears.
- Seal the edges of the pasties well. This will prevent the filling from leaking out during baking.
- Bake the pasties until the pastry is golden brown and the filling is hot and bubbly. This will ensure that the pasties are cooked through.

Enjoy your homemade Cornish pasties!

Cornish pasties are the perfect meal for any occasion. They're great for lunch, dinner, or a snack. You can also freeze them for later. Simply reheat them in the oven or microwave until warmed through.

So what are you waiting for? Give this recipe a try and enjoy the delicious taste of authentic Cornish pasties.



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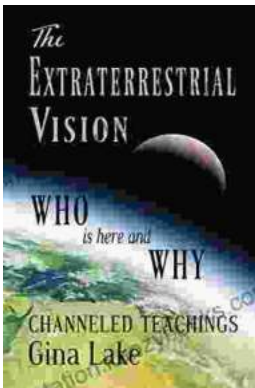
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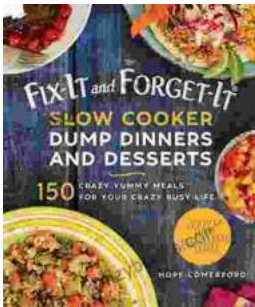
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