

## Cornish Pasties



**Serves 4**

**Prep 30 mins**

**Cooking 25 mins**

**Easy**



### Ingredients

1 potato, peeled & very finely diced  
1 carrot, peeled & very finely diced  
1 small onion, peeled & very finely diced  
225g lean veal, trimmed & cut into small pieces  
salt & freshly ground black pepper  
450g short crust pastry  
1 egg, beaten

1. Preheat the oven to 220C/ 200C Fan/ Gas 7. Briefly blanch the potato and carrots and cool. Mix together the potato, carrot, onion and veal and season well.
2. Roll out the pastry thinly on a lightly floured surface. Cut three saucer-sized circles, then use the trimmings to make a fourth. Divide the meat and vegetables between each circle, and brush the edges with egg.
3. Bring up the edges of each pasty circle to meet at the top. Crimp together the edges by pinching gently with the finger and thumb to seal.
4. Place on a baking sheet and brush all over with beaten egg. Bake for 10 minutes, then reduce the heat to 180C/ 160C Fan/ Gas 4 and cook for a further 15 - 20 mins until golden and cooked through. Allow to cool for 10 mins before serving. Serve with [carrot and orange salad](#) if you like
5. Can be frozen: to freeze, allow to cool, then open freeze on trays or boards. Pack in freezer bag or freezer-proof container and return to the freezer for up to three months.