

My Veggie Pasties



Serves 4

**Prep 35 mins
+30 mins draining**

Cooking 40 mins

Easy

Ingredients

250 g mixed mushrooms
250 g strong flour, + extra for dusting
125 g unsalted butter, (cold)
100 g swede
200 g potatoes
1/2 onion
1 pinch of dried rosemary
1 free-range egg

1. Tear the mushrooms into a bowl, scatter over 7g of sea salt (most of this will drain away later) and scrunch together, then leave for 30 mins, scrunching occasionally. Tip the flour into a bowl with a pinch of salt, then chop and rub in the butter. Make a well in the middle, slowly pour in 100ml of cold water, then mix, pat and bring it together. Wrap in cling film & chill in the fridge for 1 h.
2. After 30 mins the mushrooms should feel quite soggy, so squeeze firmly to remove as much salty liquid as you can (the mushrooms should end up weighing around 200g). Peel the swede, potatoes & onion & slice into small pieces, roughly the same size & thickness as a pound coin. Mix the veg with the mushrooms, then add the rosemary & a few pinches of black pepper.
3. Preheat the oven to 180°C/350°F/gas 4. Divide the pastry into 4, then roll out into 20cm rounds on a clean flour-dusted surface. Divide up the filling, then scrunch & pile it to one side of the middle, leaving a 2.5cm gap around the edges. Lightly brush the exposed pastry with beaten egg, fold over and press the edges down, then twist & crimp with your fingers and thumbs to seal. Egg-wash, then place on a lined baking sheet & bake for 40 mins, or until golden.
4. Serve with an apple salad and some salad leaves