

# Cornish Pasties

## Dietary Specials

This recipe makes 3 pasties, preparation time is 20 minutes and the cooking time is 1 hour.

### Ingredients

1 x 200 pack of Dietary Specials Frozen Shortcrust Pastry, defrosted  
1 small - medium potato, peeled and cut into ½ cm cubes  
1 small carrot, washed and cut into ½ cm cubes or 1 onion peeled and finely chopped  
Small wedge of swede, peeled and cut into ½ cm cubes  
200g lean braising steak, cut into ½ cm cubes  
Seasoning  
Egg for brushing

### Method

1. Preheat the oven 180oC/160oC Fan/Gas Mark 4
2. Dust the work surface with gluten free white mix and knead the pastry for 1 - 2 minutes, until pliable. Divide into 3 equal pieces.
3. Dust the surface with mix and roll each piece into a circle approximately 14/15cms.
4. Divide the ingredients into 3, arrange the potato and swede along the centre of a pastry circle, season and top with the steak and carrot (or onion), season again.
5. Lightly brush the outside edge of the pastry with egg, then carefully bring up the edges to the centre, to cover the filling. Pinch or crimp between the forefinger and thumb of one hand and forefinger of the other, to create a sealed crest over the top of the pastry. Repeat with the other pastry circles, place on a baking sheet.
6. Brush the pastries with beaten egg and cook for 1 hour, reducing the heat to 160oC/140oC Fan Gas Mark 3 after 40 minutes.