

-1 Vegetable Pasty (similar to Cornish Pasty)

Glutafin

A shortcrust pastry made using Glutafin Select White Mix, filled with a tasty vegetable combination.

Ingredients

Pastry

225g/8oz Glutafin Select White Mix
110g/4oz butter at room temperature
1 medium egg
1 x 15ml 1 tbsp cold water
Egg wash (1 egg yolk mixed with 1 x 15ml 1 tbsp cold water).

Filling

1 medium parsnip peeled and diced
2 medium carrots peeled and diced
25g/1 oz butter
1 bunch of spring onions, finely chopped
2 tomatoes, diced
½ red pepper, finely diced
150ml/¾ pt crème fraîche
75g/3oz mature cheddar cheese, grated
Pinch of salt
Generous grind of black pepper

Method

1. Simmer diced parsnip and carrots together until just tender. Drain, add butter and allow to melt before stirring in remaining filling ingredients. Set aside to cool whilst preparing the pastry.
2. Place half the measured Mix in a medium size mixing bowl, with the remaining pastry ingredients, mix to a smooth paste, using a fork. Add remaining weighed mix and work together first using the fork and then by hand, to bring together into a ball.
3. Place on a work surface lightly dusted with Mix and knead for a full 2 minutes, until completely smooth. Divide pastry into 4. Roll out each piece onto a dinner plate size piece, of baking parchments paper, to the thickness of a coin (Like a £1). Using a sharp knife, cut out 15cm/6 inch round from each piece, using a large saucer or small tea plate, as a template.
4. Brush pastry edge with egg wash. Place a large dessertspoon of filling, on the bottom half of each pastry round. Pull the pastry up and over to cover the filling, using the baking parchment to help you. Squeeze pastry edges together to give you a classic semi circle pasty shape.
5. Brush pastry surface with the remaining egg wash. Bake in the oven until the pastry is golden brown.
6. Serve immediately, or allow them to cool before freezing.

To Freeze

Freeze pasties sealed in an airtight freezer bag. Defrost for 2 hours before use. Reheat in a medium oven for 15 minutes, for serving warm.