

Cornish Style Pasties



Serves	14
Prep time	45 minutes
Cook time	35 minutes
Total time	1 hours, 20 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Lunch , Lunch Box , Main Dish
Misc	Child Friendly , Freezable , Serve Cold , Serve Hot
Occasion	Picnic
Region	British

Ingredients

Pastry

- 250g butter
- 300ml hot water
- 300g white spelt flour (extra for dusting)
- 200g wholemeal spelt flour
- 1 teaspoon sea salt

To make

- 1 Large egg (lightly beaten)
- Flour for dusting
- Filling of your choice (see note)

Directions

1. Sift together the flours and salt. Set aside.
2. Combine the butter and water in a large saucepan and bring to the boil.
3. Remove from heat and stir in the flour a bit at a time. A soft dough will form.
4. Lightly dust a clean surface and tip the dough onto it. Use your hands to shape it into a ball.
5. Place the dough into a floured bowl, dust the top with flour and cover with plastic wrap. Chill for at least 30 minutes.
6. When ready to make the pasties, divide the dough into four pieces. Roll one piece at a time to 5 mm thick and cut out circles about 12 cm in diameter. Add the scraps to a fresh piece of dough and re-roll and cut until all used up. You should get 14 pieces.
7. Dust the circles with flour and spoon the filling onto the middle. Brush the edges with egg.
8. Fold each circle in half over the filling and crimp the edges between your finger and thumb. Cut a small hole in the top.
9. Place on a tray lined with baking paper and brush more egg over the top.
10. Bake at 180 C for 30 - 35 minutes until golden.
11. Serve straight away (1 or 2 per person) with vegetables or salad. Serve with pear sauce or pear chutney.
12. Can be frozen and re-heated in the oven. These are also great cold for lunch, and can defrost if placed in the lunch box frozen in the morning.

Note

Low Chemical / Failsafe

You can use any type of pie or pastie filling to make cornish-style pasties, such as these:

- [Individual Chicken Pies](#)
- [Chicken and Leek Pie](#)
- [Chicken Potato Topped Pie](#)
- [Individual Meat Pies](#)