Veggie Pasty

A pasty is a delicious savory, baked pastry, associated with Cornwall in England. It's a handheld pie with a crimped edge which can be filled with meat and/or vegetables.

Makes- 6 small pasties

Recipe adapted from

www.jamieoliver.com

Ingredients

250g mushrooms
250g strong flour, plus extra for dusting
125g butter (cold)
300g vegetables of your choice (e.g. potato, Jerusalem artichokes, carrots, peas, swede, turnips, pumpkin)
½ an onion
100-150ml cold water
1 pinch of dried rosemary
1 large egg (or milk of your choice for glazing)

Equipment

Knives
Mixing bowls
Chopping boards
Scales
Baking trays
Wooden spoon

Instructions

1.   Tear or chop the mushrooms into a bowl, scatter over 10g of sea salt (most of this will drain away later) and scrunch together, then leave for 30 minutes, scrunching occasionally. This helps remove some of the moisture from the mushrooms, so your pastry isn't soggy.
2.   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 until comes together. You may need more water.
3.   Wrap in clingfilm and chill in the fridge for 1 hour.

4.   After 30 minutes squeeze the mushrooms to remove as much salty liquid as you can (the mushrooms should end up weighing around 200g).
5.   Peel and slice your vegetables into small pieces, roughly the same size and thickness as a one-dollar coin.
6.   Mix the veg with the mushrooms, then add the rosemary and a few pinches of black pepper.
7.   Preheat the oven to 200°C.
8.   Divide the pastry into 6, then roll out into 15cm rounds on a clean flour-dusted surface. Divide up the filling (around 80g per pastie) and pile it to one side of the middle, leaving a gap around the edges.
9.   Lightly brush the exposed pastry with beaten egg (or milk), fold over and press the edges down, then twist and crimp with your fingers and thumbs to seal.
10.   Place on a baking tray brush with egg or milk and bake for 40 minutes, or until golden.