Cheese and Vegetable Pastries

Recipe by Stephanie Alexander (slightly modified)

Equipment	**Ingredients:**
• Chopping board • Knife • Saucepan • Peeler • Large bowl • Baking tray • Small frying pan • Food processor • Fork • Baking tray • Baking paper	• 1 packet of puff pastry • 250 g of potatoes, peeled and cut into 1 cm cubes • ⅓ cup freshly shelled broad beans • Two silverbeet leaves chopped • 250 g piece pumpkin, peeled and cut into 1 cm cubes • 1 tablespoon extra-virgin olive oil • 1 small onion, finely sliced • 1 garlic clove, finely sliced • 100 g cheddar, freshly grated • Sea salt • Freshly ground black pepper • 1 free-range egg • Small amount of milk

Method

1. Heart the oven to 200°C (180°C fan-forced). Put the potato into a saucepan of cold water and bring to a boil over medium heat. Simmer for 5 minutes, then drop in the broad beans. Cook for a further 4–5 minutes, then drain well and tip into a large bowl.

2. Toss the pumpkin cubes with half the olive oil in a baking tray and roast for 10 minutes. Add to the bowl with the potato.

3. Sauté the onion and garlic in a small frying pan with the rest of the olive oil over medium heat until quite limp and starting to colour add the silverbeet and cook. Add to the bowl.

4. Place the ingredients in the bowl into a food processor and pulse the mixture for a few seconds. This ensures that the pieces are not too chunky for the pastry. Return the mixture to the bowl and add the cheese, then season with salt and pepper.

5. Place the pastry onto the bench. Each piece will be cut into quarters, so only defrost the amount that you need. Make sure you count the students and also adults that will be eating.

6. Cut each pastry sheet into quarters.

7. Place a heaped spoonful of filling on each piece of pastry.

8. Whisk the egg lightly (using a fork) and add a pinch of salt. Brush the edges with this egg wash and seal the pasties well.

9. Line the baking trays with baking paper and transfer the pasties to it. Brush with a mix of egg and milk.

10. Bake at 180°C for 20 minutes..

Recipe notes from the book: You can vary the filling as you wish. Sometimes sweet potato is used in place of pumpkin. The small pastries are great for school lunches or a picnic and are just as good hot or cold.