



## **Cornish Pasties** *(inspired by Emeril Lagasse, Food Network)*

### Filling:

1-1/2 cups diced cooked meat (I used leftover cooked pork stew)  
3/4 cup diced cooked potatoes  
1/2 cup raw onion, finely chopped  
1/2 cup raw carrots, quarter inch dice  
1/2 cup raw parsnip, quarter inch dice  
1/2 cup gravy from leftover stew  
Coarse ground black pepper

Toss ingredients together and set aside.

### Pastry:

2-1/4 cups all-purpose flour  
2 teaspoons confectioners' sugar  
1 teaspoon salt  
3 ounces cold butter cut into pieces  
4 ounces cold vegetable shortening cut into pieces  
6 tablespoons ice cold water or more as needed

Egg yolk mixed with 1 teaspoon water

Place flour, sugar and salt into a medium sized bowl and whisk together to combine. Using a pastry blender cut in butter and shortening until mixture resembles fine crumbs. Using a fork, mix in water a tablespoon at a time, tossing liquid into flour mixture just until mixture holds together. Remove dough to a board and knead slightly just until it holds together. Flatten to a disc and wrap well in plastic wrap. Refrigerate for several hours, or overnight.

To complete pasties, roll cold pastry out on a well-floured surface until approximately a quarter inch in thickness. Using a plate as a guide, cut pastry into 6 or 7 inch circles and brush edges of pastry with egg yolk, water mixture. Place approximately a half cup of filling onto middle of pastry and fold over, pressing edges together to seal. Crimp as desired. Place pasties on parchment lined sheet pan and cut slits in tops to vent steam. Brush with remaining yolk/water mixture. Bake for 20 minutes in preheated 400 oven. Reduce heat to 350 and continue baking for additional 25 to 30 minutes, until pastries are golden brown and cooked through. Allow to rest for 15 minutes before serving. Makes 6 large pasties.