

Cornish Lamb Pasties

Makes 6-8 pasties. Oven: 400°

Ingredients:

Pastry:

3¾ cups organic all-purpose flour, plus extra for dusting
(recommend 2 cups whole flour and 1¾ cups white)

1 teaspoon salt

½ cup (1 stick) butter and ½ cup good lard, diced

¾ cup ice water (may not need all)

Egg wash:

1 large egg and 2 Tablespoons milk, beaten

Filling (all solid ingredients diced 1/3 inch):

12-16 ounces lamb (diced or ground)

1 medium white onion

1 large potato

2 large carrots

½-¾ cup peas

1 teaspoon salt

½ teaspoon freshly ground pepper

⅛ cup extra-virgin olive oil (more if lean meat is used)

1 teaspoon chopped fresh thyme

1 teaspoon chopped fresh rosemary

1 teaspoon chopped fresh mint

Instructions:

Make pastry before you preparing filling: Place flour and salt in food processor with pastry blade and briefly pulse together. Add butter/lard and pulse at 1-second intervals until largest pieces are the size of chickpeas. Remove lid, pour ½ cup of ice water evenly over flour mixture, replace lid, and pulse a few more times. Add just enough more ice water so that dough holds together when you press it between your fingers. Do not overmix. Roll out dough and cut into 6-8 large circles. Refrigerate until ready to use.

Combine solid ingredients in a large bowl. Add spices & olive oil and mix well. Place about 1 cup of filling on each round on one side, so you can pull the other side of the pastry over to make a semi-circle. Brush edges of pastry with egg wash and seal together, crimping edges with a fork.

Place pasties on heavy duty baking sheet lined with unbleached parchment paper, brush them all over with the egg wash, and bake until golden brown about 40 to 45 minutes. If necessary use two oven racks, rotating the pans halfway through baking.

Serve pasties hot, with mustard on the side. They will keep for a couple of days in the refrigerator, and they freeze well.