

Pastry Pattie Parcels

Ingredients:

250g plain flour
125g butter
Pinch salt
1 tsp turmeric (optional/add enough to make a good colour)
Small amount of ice cold water

Equipment:

Food processor
Plastic bowls
Metal knife

Method:

Weigh out the flour
Place into food processor
Weigh butter and cut into chunks
Add to the food processor
Add pinch of salt / turmeric if using
Run the food processor until the mixture resembles fine bread crumbs and is beginning to clump together
Tip the mix into a mixing bowl
Slowly add water a tablespoon at a time,

mixing it in using the metal knife

Grab some of the mix and press between your thumb and fingers - if it sticks together it's ready to go!

Quickly squeeze the mix into a ball

Tip onto work surface and quickly kneed into a smoother ball

Flatten the ball , wrap in cling film and refrigerate for at least 30mins

Pasty:

Preheat oven to 180 oC

Roll out Pastry to 0.5 cm

Cut around a circle approx 10cm diameter

Add filling to one half of circle

Bring other half of circle over to cover filling

Apply milk to edge of circle

Crimp with your fingers to seal the pasty

Bake for approx 30 mins or until golden brown

Savoury filling ideas:

Cheese and onion

Diced potato, onion, carrot, swede, gravy

Broccoli and blue cheese

Mushroom, walnut and Parmesan

Pesto, pine nut and ricotta

Spicy black bean, feta cheese

Sweet filling ideas (leave the turmeric out of the pastry):

Banana and chocolate

Banana, chocolate and peanut butter

Blueberry, custard

Apple and blackberry

Pear and ginger

Summer berries