



Cornish Pasties

8 ounces of minced beef
10 ounces of raw potato
One parsnip (If available)
One large onion
One Bovril Cube
One Making of Short Crust Pastry (q.v.)

Fry the beef gently in a large pan until it has separated into granules

Dice the potato, onion and parsnip into approximately 1/4 inch cubes.
Add this to the Meat in the frying pan, and cook slowly (covered) for about twenty minutes or until soft.
Crumble in the Bovril Cube and mix to disperse it. COOL the mixture.

Take half of the pastry mix and roll out thinly. Cut three circles from the pastry using a small plate. Repeat with the other half of the pastry to give six discs altogether. Roll up the remaining pastry cut offs, and cut a further one or two discs from this.

Any remaining pastry can be used to make Chorley Cakes (q.v.)

Taking each disc in turn, place on a baking sheet and fill the disc just under halfway with the mixture. Dampen the edge and fold over, pressing gently on top to even out the mixture.
Brush with milk or egg, and bake middle of oven at Mark 4 until pale brown (30-45 minutes)
Cool and transfer to the freezer for future use. Makes 7 to 8 pasties



This recipe has been brought to you by The Cream Of Tartar Company Limited

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