

Cheese & Onion Pasties

Ingredients:

For the pastry

350g plain flour
175g cold butter
1 teaspoon salt
1 teaspoon baking powder
4—5 tablespoons cold water
Beaten egg to glaze

For the filling

250 g potato, diced
250g cheddar cheese, grated
2 medium onions, finely chopped
2 teaspoons vegetable stock powder
1 teaspoon English mustard
1 tablespoon chopped thyme
1 tablespoon chopped parsley
Pepper to taste

Resources: knives, saucepan, chopping board, mixing bowl, sieve, colander, rolling pin, baking tray, fork, masher, tablespoon, teaspoon, pastry brush.

1. Preheat the oven to 190 C fan.
2. Peel and dice the potato and peel and chop the onions.
3. Add the vegetables and stock to saucepan of boiling water for about 10 minutes. Drain through a colander.
4. Meanwhile, sift the flour and baking powder into a mixing bowl. Cut the butter into cubes and add to the flour with a pinch of salt.
5. Using your fingertips, rub the butter into the flour until it resembles fine breadcrumbs. Add water and bring the mixture together into a dough.
6. Next, put the vegetables into a bowl, crushing some potatoes. Mix in the mustard, herbs and pepper.
7. Add the grated cheese and mix together thoroughly. Allow to cool.

6. Roll out the pastry and cut into circles approx. 12cm diameter.
7. Layer the mixture onto half the pastry disc leaving a 1cm edge for egg wash.
8. Bring the pastry over and seal or crimp the edges together. This can be done with a fork or by hand.
9. Glaze with beaten egg
10. Bake for about 20 minutes or until golden.