

Here is how to make my spectacular Cornish Pasty Shaped Pasties!

The Salty Cove Bake Off!



Ask a grown up to make this with you!

Pasty's Pasty Shaped Pasties

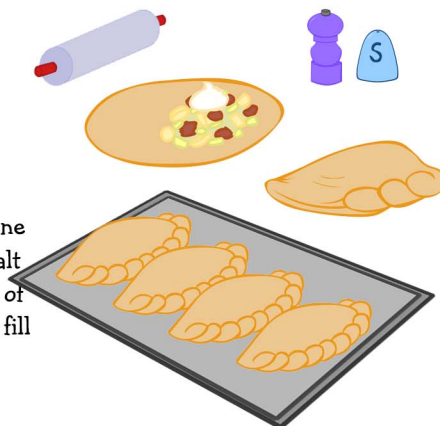
INGREDIENTS

A packet of ready made short crust pastry
450g good quality beef skirt
450g potato
250g Swede
200g onion
Salt & pepper to taste
Clotted cream

1. You will need some ready made pastry or you could make your own, but ready made pastry is good because if like me you are a very busy crab you don't have much time. Plus I find it a bit hard to knead the mixture with my pincers. Roll out the pastry onto a floured surface to 1cm thick. Then get a bowl and turn it upside down and squish it so it cuts out a circle in the pastry! Make another three pastry circles. Hopefully you will have some spare pastry pieces - don't throw these away, I will tell you what we can do with them later!

2. You will need to get your grown up helper to finely chop up all the ingredients for the filling but not the cream, you can't chop cream. Layer all the vegitababbles and the meat on one side of the pastry circle, season with salt and pepper then plop a nice big dollop of cream on top with a spoon. Don't over fill the pasties because if you do then you won't be able to close them!

3. To close the pasties brush the pastry edges with a beaten egg then pick up the edge of the pastry and cover it over the filling like you're tucking it into bed. The next bit is really hard, but I am sure your grown up helper will be able to help you. Starting at one end, pinch the edges of the pastry together and fold it over and do the same again next to it - this is called "crimping". Do this all the way to the end of the pasties. Lay them all on a greased baking tray.



4. Now get your spare pastry pieces from before and roll it all into one big sausage! Then divide it into four pieces for each pasty. Depending on how much spare pastry you have left you can mould the divided bits for each pasty into two little balls for eyes, two pincer shaped pieces for my pincers, a small bit rolled into a thin line then curled up for a smiley mouth and (hopefully if there is any left) six long spindly legs. Glue the parts onto the pasties using the beaten egg and then brush the pasties all over with egg. Now you should have four pasties that look like me!



Ask your grown up helper to bake them in the oven
Gas No6 approx 50 min-1 hour
Electric 210 approx 50min-1 hour
Fan assisted 165 approx 40 mins

ENJOY!