

Cornish Pasties

Ingredients

For the Crust

- **3 cups** all-purpose flour
- **4 pinches** of salt
- **1 cup (2 sticks)** cold butter, cut into small pieces
- **1 cup** orange juice

For the Filling

- **½ lb** stewing beef/chuck roast, cut into small pieces
- **1 medium** potato, diced
- **1** turnip, diced
- **1** onion, diced
- Salt and pepper
- Butter



Instructions

1. Combine the flour and salt in the bowl of a stand mixer or a large bowl. Add in butter and combine until it forms a crumbly mixture. Slowly add in the orange juice and mix just until combined. Pat into a disc and wrap in plastic; refrigerate at least 6 hours or overnight.
2. When ready to assemble, preheat the oven to 350. Divide the dough into 8 equal sections and roll out on lightly floured surface into circle.
3. Combine the meat and vegetables in a bowl, stirring to evenly distribute the ingredients. Place a scoop of the mixture into the center of the dough round. Add a few dabs of butter. Fold the pastry dough over and crimp the edges to seal. Arrange on greased or parchment-paper-lined baking sheets.
4. Whisk an egg with a tablespoon of water and brush over the pasties for a glaze. Bake 30-45 minutes, until golden brown.