

BEEF AND VEGETABLE PASTIES

Recipe from Jon Bennion

This recipe makes 8 pasties.

INGREDIENTS:

For the pasty crust:

- 2 cup all-purpose flour
- 1 pinch salt
- 4 ounces butter
- 5 to 6 tbsp ice water

For the pasty filling:

- 1 cup cubes sirloin or New York Strip
- 1 cup potato (1/4-inch dice)
- 1/2 cup rutabaga (1/4 inch dice)
- 1/2 cup carrot (1/8 inch dice)
- 1/2 cup shallot or onion (finely chopped)
- 1/2 teaspoon minced fresh rosemary
- 1/2 teaspoon mince fresh thyme
- Generous salt and pepper to taste

Topping:

- 1 egg (lightly beaten)

DIRECTIONS:

1. To make the crust, cube cold butter and put in a good processor with the flour and salt. Pulse until it combines and looks like coarse corn meal. Add up to six tablespoons of water through the funnel and pulse a few more times until a dough ball forms. Remove the dough and place in Saran Wrap in the fridge for an hour.
2. Preheat your oven to 425 degrees. Remove your dough from the fridge and cut into 8 equal parts. With a rolling pin an extra flour, roll them into circles of about 6-7 inches round.
3. In a large mixing bowl, combine all filling ingredients and season well. Evenly divide the filling into the eight crusts being careful to not overfill. With the beaten egg, lightly brush the edges of the crust. Fold the circles in half and bring the edges together. Crimp the edges by pulling the bottom crust over the top and pinching together.
4. Place the pasties on a parchment lined baking sheet. Brush the remaining egg wash on the crusts. Bake for 45 minutes until they are a nice golden brown and all the filling contents are soft.
5. Serve with a savory, flavorful beef gravy on the side.



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