

Cheese and Vegetables Pasties

Ingredients

Pastry:

200g plain flour (white or wholemeal)

100g block vegetable fat or butter

1 tsp mixed dried herbs

50ml cold water

1 egg, beaten (for glazing the pastry)

Filling:

1 small onion – finely chopped

1 stark celery – finely diced

1 small potato – peeled and finely diced

1 small carrot – peeled and finely diced

1 tbsp vegetable oil

50g mature cheddar cheese

Black pepper



Method

1. Heat the oven to 200°C.
2. In a saucepan, sauté the onions and celery in the oil until softened.
3. In another pan, boil the potato and carrot in water until just tender (about 10 minutes), drain and mix together with the onion and celery. Remove the pan from the heat.
4. Add the cheese to the vegetables and mix well, season with the pepper. Allow the filling to cool whilst you make the pastry.
5. In a bowl, rub the butter or vegetable fat into the flour until it looks like breadcrumbs. Add the dried herbs, then add the cold water a bit at a time until the mixture forms a smooth dough.
6. Roll the pastry out and cut it into 5 – 6 circles (cut around a saucer as a guide).
7. Place a spoonful of the vegetable mixture in the centre of each circle of pastry, dampen the edges with water and fold the edges together. Neaten the edges by pinching them together using your fingers.



8. Glaze the pastry with the beaten egg and bake for 12 – 15 minutes, until crisp and golden.