



Organic Beef Pasty

Traditional pasties are easier to make at home than you might think

Serves: 4

Prepare: 20 Minutes

Cook: 45 Minutes

Difficulty: easy

Ingredients

For The Shortcrust Pastry

- 100g [organic Lard](#), chilled and diced
- 50g unsalted butter
- 300g plain flour, plus extra for dusting
- ½ tsp salt
- 1 organic egg, beaten to glaze

For The Filling

- 250g [organic diced beef skirt steak](#), cut into 1cm cubes
- 80g swede
- 100g waxy potatoes, such as charlotte or maris peer, peeled and cut into 5mm cubes
- 1 large onion, finely chopped
- splash worchester sauce
- 1tsp plain flour
- pink himalayan salt
- freshly ground black pepper

Method

1. For the pastry, rub the lard and butter into the flour until the mixture resembles breadcrumbs. Add a pinch of salt and enough cold water to bring the mixture together into a soft dough. Prepare a lightly floured surface, knead the dough briefly, then wrap in clingfilm, and chill in the fridge for 30 minutes.
2. Preheat your oven to 190°C. Mix the filling ingredients together, season well, and place to one side. Once your pastry is chilled removed it from the fridge and roll out on a well-floured surface to 5mm thick. Then fold it in half and roll to 5mm again. Using a plate or saucer, cut 4 circles from the pastry.
3. Pile one-quarter of your filling mixture into each circle, leaving a 2cm border all around. Brush the border with the beaten egg. Pull both edges up over the filling and press together to seal. To make a decorative edge crimp the sealed edges. Brush all over with some more beaten egg to finish your pasty
4. Bake in your oven for 40-45 minutes, you want your pasty to be golden brown
5. Cool for at least 15 minutes before serving