

Vegan Cornish Pasty Large



Ingredients & Prep

250 g strong white bread flour

110 ml cold water

80 g vegetable suet

2 tsp onion granules

0.5 g salt

brushing almond milk

Filling

175 g Carrot sliced into thin strips 3 cm long

125 g Waxy potato cut into small cubes

1 Onion med chopped fine

20 ml Rapeseed oil

1 Veg stock cube

g Freshly ground black pepper

Suggestion & Tips

Best eaten warm from the oven.

Recipe By FoodieBook

Ref: 498

Heading: Bread & Baking

Cuisine: British & Irish

Food Type: Vegan

No of Portions: 2

Method

Step 1 - Place the flour, salt, onion granules & suet into a food processor, blitz to a crumb consistency, to break up the suet.

Step 2 - Tip pastry crumb into a bowl then add the water & mix into a pastry dough then form into a ball, allow to rest for 30 mins in the fridge.

Step 3 - Cut & divide to the number of pasties required then form them into a ball with a rolling pin roll out in to circles 20 cm round on a floured worktop .

Step 4 - Pre-heat oven to 160°C

Step 5 - Make the filling, first crumble the veg stock cube into powder & mixing it with the rapeseed oil, then add the rest of the ingredients into a bowl, add the oil stock in & mix all together.

Step 6 - Divide the filling mixture to the number of pastry circles, place in the middle then with some almond milk brush all around the edge, then fold over circle in half to form a half circle, press the edges together, trim off pastry edge & crimp to form the classic pasty shape.

Step 7 - Place pasties on a floured baking sheet wash with almond milk with a pastry brush & bake for 45 mins or until golden brown.