

# Cornish Pasty

Traditional Cornish pasty recipe with beef, potato, and swede filling wrapped in flaky pastry. Authentic British comfort food perfect for lunch or dinner.

30	60	90	6	Medium
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

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## Ingredients

- 2 egg yolk
- 2 tsp baking powder
- 125 ml water
- 125 g unsalted butter
- 1 tsp salt
- 150 g onion
- 450 g potato
- 1 egg
- 1 tbsp flour
- 1 tsp black pepper

## Instructions

- 1 Make the pastry**

Combine 450g plain flour and 1 tsp salt in a food processor and pulse to mix. Add 125g cold butter cut into small cubes and pulse until mixture resembles coarse breadcrumbs with some pea-sized butter pieces remaining.
- 2** Add 125ml cold water gradually while pulsing until the dough just comes together into a shaggy ball. Turn out onto a floured surface and knead briefly until smooth.
- 3** Wrap the dough tightly in plastic wrap and refrigerate for at least 30 minutes while you prepare the filling.
- 4 Prepare the filling**

Cut 2 medium potatoes into 5mm cubes and place in a large bowl. Add 150g swede cut into 5mm cubes and 1 large onion diced into 5mm pieces.
- 5** Season the vegetables with 1 tsp salt and 2 tsp black pepper, then toss to combine. Set aside while you prepare the meat.
- 6** Cut the beef into 5mm cubes, removing any large pieces of fat or gristle. Toss with 1 tbsp flour in a separate bowl until evenly coated.
- 7 Assemble the pasties**

Preheat your oven to 180°C (355°F). Remove the dough from the refrigerator and divide into 6 equal portions.

- 8 Roll each portion on a floured surface into a circle about 20cm in diameter and 3mm thick. Place the seasoned vegetables on one half of each pastry circle, leaving a 2cm border around the edges.
- 9 Top the vegetables with the floured beef cubes, distributing evenly among the 6 pasties. Brush the pastry edges with beaten egg wash.
- 10 Fold the pastry over the filling to create a half-moon shape. Press the edges together firmly, then crimp by pinching and twisting with your thumb and forefinger to create a rope-like seal.
- 11 **Bake the pasties**  
Place the pasties on a parchment-lined baking sheet and brush the tops with beaten egg. Cut a small steam vent in the center of each pastry using a sharp knife.
- 12 Bake for 50-60 minutes until the pastry is deep golden brown and sounds hollow when tapped on the bottom. Cool on the baking sheet for 5 minutes before serving.

## Tips

Keep all pastry ingredients cold, including your hands. Cold butter creates steam pockets as it melts, resulting in a flakier crust. If your kitchen is warm, chill the mixing bowl beforehand.

Don't pre-cook the filling ingredients. The raw vegetables and meat steam together in the sealed pastry, creating incredibly tender results and concentrated flavors that pre-cooked fillings can't match.

Cut vegetables uniformly small - about 5mm dice. This ensures even cooking and prevents large chunks from tearing the pastry. Potatoes should be slightly smaller than the swede as they take longer to cook.

Crimp the edges firmly with your thumb and forefinger, creating a rope-like seal. This traditional technique isn't just decorative - it creates a strong seal that prevents filling from leaking during baking.

Rest the assembled pasties in the refrigerator for 20-30 minutes before baking. This helps the pastry hold its shape and prevents shrinkage in the oven.

Use a sharp knife to cut one small steam hole in the top center. This prevents the pasty from bursting while allowing excess moisture to escape, keeping the bottom crust crisp.

Brush with beaten egg twice - once before the initial bake and again halfway through. This creates the signature deep golden color and glossy finish of a perfect Cornish pasty.