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GF Friendly

Meat & Vegie Pasties

meat mince and vegetables in a shortcrust pastry case

I think the above description speaks for itself, except to say that these are really great!

Filling:

- 40g beef mince, or alternative (vegies if you like)
- ½ cup mixed vegetables
- 1 Tbsp mashed potato or pumpkin
- ¼ chopped onion
- ½ tsp beef stock powder
- a shake of salt & pepper (optional)



- Pastry:** 75g plain flour 25g margarine
 ¼ tsp mixed herbs ¼ tsp salt (optional) about 25ml cold water

In a bowl, combine the herbs and salt (if using) with the flour, then rub in the margarine using the fingertips until it resembles fine breadcrumbs. With a fork or knife, mix in the water a bit at a time to achieve a soft dough that is not sticky, nor too dry. Divide in half and roll in the hand to make two balls. Press each onto a flat, floured surface and roll out to around 18-20cm (8-9 inches) discs. Combine all the filling ingredients, ensuring the meat is broken up and there are no lumps. Pile half onto each disc, arranging it so that the filling is elongated and slightly narrow, but doesn't overflow the edge of the pastry. Brush around the edge of the pastry with water, draw up the sides to meet over the filling and press together to seal. Fold over each end and press to seal, then crimp the top join with the fingers. Make two holes with a knife through the top of each pasty to release the steam.

Place both on a tray lined with baking paper and bake for 15 minutes on 200°C conventional (175°C fan forced), then turn down to 180°C conventional (165°C fan forced) for a further 30 minutes.

Serves 2 with mashed potato, extra vegies if you like, and gravy.

Tip: See Healthy Living HL15 for GF pastry method. Also note: roll each ball on a separate piece of baking paper and leave on, using the paper to make drawing up and crimping easier without cracking the pastry.

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