



SHELIA'S VENISON CORNISH PASTIES



INGREDIENTS:

For the filling.

500g of West Country Premium
Venison stir fry steak strips
500g Peeled potatoes
1 white onion
Salt and pepper to taste
1 beaten egg and dash of milk for
glazing

For the pastry.

2 x 320g of ready rolled pastry sheet or
to make it yourself:
450g plain flour
100g margarine
100g lard
Splash of cold water
Pinch of salt

METHOD:

To make the pastry:

If you are making your own pastry, sieve the plain flour and salt into a large bowl. Add the margarine and lard and rub into the flour mixture between your fingers until it looks fine like breadcrumbs.

Using a teaspoon add water gradually and keep mixing with your hands until the mix takes on the consistency of dough.

Lightly flour your worktop and rolling pin, turn out the dough from the bowl onto the worktop and roll out to a nice even thickness of your choosing.

Once your pastry is ready, use a 16cm plate to cut out 6 rounds.

Preheat your oven to 220 degrees

To make the filling:

Cut the venison stir fry strips into slightly smaller pieces.

Finely chop your onion and potatoes, mix them in a bowl with your hands with the venison. Add your salt and pepper to taste.

Assembling the pasties:

Take a handful of the mixture and place in the centre of your first round - taking care not to over fill them.

Brush the pastry edges with a little water, then bring them together in the centre.

Press the edges together to seal, then flute by pressing your thumb and finger together.

Place on a baking tray and brush with the beaten egg and a little milk.

Bake in the centre of the oven for 25 minutes. Lower the heat to 180 degrees and cook for a further 30-35 minutes to make sure the meat is cooked.

Serve hot or cold, either on their own or with a side salad.