**Cornish Pasties**

**Ingredients (per pair)**

**(Makes 8)**

½ Tbs oil

½ small onion, finely chopped

½ tsp minced garlic

150g beef mince

½ small potato, peeled, finely chopped

½ carrot, peeled, finely chopped

1 tsp cornflour

¼ tsp beef stock powder

50ml hot water to make stock

1 tsp Worcestershire sauce

1 tsp tomato sauce

2 sheets shortcrust pastry

½ egg, lightly beaten

**Method**

1. Preheat oven to 200°C.
2. Heat oil in a frying pan over medium heat. Add onion. Cook, stirring, for 2 minutes or until soft.
3. Increase heat to high, add garlic and mince. Cook, stirring, for 2 to 3 minutes or until browned.
4. Add potato and carrot. Cook for 3 minutes or until vegetables are just tender.
5. Combine corn flour and 1 tablespoon stock in a small bowl. Add to pan with remaining stock, Worcestershire and tomato sauce. Bring to the boil. Cook, stirring, for 2 minutes or until slightly thickened.
6. Remove from heat. Season with salt and pepper. Set aside to cool.
7. Cut four 12cm (diameter) rounds from each pastry sheet. Spoon 1 tablespoon mince mixture onto each round. Brush edges with egg. Bring pastry edges together to form a semi-circle. Pinch edges to seal and form frills.
8. Place pasties on lined baking trays. Brush with beaten egg and bake for 25 to 30 minutes or until golden. Cool on wire rack.
9. Serve with tomato sauce.

**Learning Intention**

**To know the difference between a low, medium & hot oven temperature.**

1. 200 °C is quite a hot oven, what temps are classed as low & medium?
2. Why is a hot oven used for this dish?
3. What role do corn flour and stock have in this recipe?