

The comfort pastie

Ingredients

- 5 sheets shortcrust pastry
- 4 cups vegetables of choice (corn, peas, potatoes, sweet potato, celery, turnip, pumpkin, carrots, zucchini work well) – all diced into 1 cm cubes
- 2 tbs. olive oil
- 250gms minced meat (or prepared 1 cup Bolognese sauce)
- ½ onion
- 1 clove garlic
- 2 tbs. Worcestershire sauce

Method

Fry onions in olive oil until soft. Add garlic and mince, and stir until mince has browned. Add seasonings and put aside.

Top starchy vegetables (potato, sweet potato, pumpkin) with cold water in a saucepan and bring to boil. Add remaining vegetables to these ten minutes later. When all the vegetables are cooked, drain. Season to taste and add Worcestershire sauce. Allow to cool and combine with mince mixture.

Lay out five sheets of pastry and allow to defrost for around 10 minutes. Cut pastry into nine even squares (as if you were drawing the template for naughts and crosses) and place a teaspoon of the meat/vegetable mixture into each square. Do not overfill, as they will come apart in the oven.

Pull up one corner of a square and join it with the opposite corner. Pinch the tops and sides shut to form a pastie shape. Continue until you have made all 45 pasties. Place on pizza trays and bake in a 200degree Celsius oven for around 20 minutes.

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