



Cornwall - Cornish Pasty

Recipe:

Rich's Pasty Recipe (as passed on from Richards Granny, Mona Trethewey b.1924 in Nanpean, Cornwall)

For about 4 small to medium pasties ish

For the pastry:

500g strong white bread flour or just plain if you can't get it.

250g block of margarine

250g block of lard

Cold water (enough to bring it together and work into a plyable 'dough')

Good few pinches of Salt

For the filling:

350-450g beef skirt or chuck steak (casserole beef would do if you can't get it)

1 large onion

Equivalent of 2 very large potatoes. Maris Piper or King Edwards are good varieties to use for their texture and the cooking style.

175g Turnip (Swede in the shops – the yellow one.)

Lots of ground white pepper and salt.



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Tannaghtyn Sthie
A virtual festival for
Yn Chruinnaght
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2020