

JAMIE RAMSEY-LAWSON'S MASTERCHEF KITCHEN

‘An Englishman teaching an American about food is like the blind leading the one-eyed.’ – A.J. Liebling

Episode 1: Cornish Pasties

Serves 4 // Ready in 1 hour 15 minutes, plus resting time

400g plain flour	1 medium potato, cut into small cubes
Pinch of salt	125g swede, cut into small cubes (‘koolraap’)
200g butter, chilled and cut into small pieces	400g rump steak, trimmed of fat and cut into 1cm pieces
1 medium onion, thinly sliced	1 medium egg, slightly beaten

(1) Preheat the oven to 200°C. Sift the flour and salt into a large bowl. Add the butter and rub in with your fingertips until the mixture looks like breadcrumbs. Add 5-6 tablespoons cold water, then mix until clumps are formed. Gather the mixture together with your hands to make a firm dough. If you have time, wrap the dough in clingfilm and chill in the fridge for 30 minutes before rolling out.

(2) Divide the dough into four even-sized pieces. On a lightly floured surface, roll each one out so that it's as thick as a £1 coin (for all you Dutchies, that's about as thick as 1 ½ euro coins).

(3) Place a 19cm plate on top of one of the dough pieces and cut around it using a sharp knife to make a circle. Repeat with the other pieces

(4) Place the dough circles on a baking sheet and put the vegetables and steak on one half of each circle. Brush the edges with water.

(5) Fold the other half of the dough over and press the edges together with your fingers. Starting on the right side, fold over one corner using your first finger and thumb, to form a crease. Continue to crease all the way along the edge of the pastry, making sure you seal the edges as you fold.

(6) Brush the pasties with the beaten egg and bake in the oven for 15 minutes. Reduce the oven temperature to 160°C and cook for another 45-55 minutes. Serve immediately or leave to cool before eating.



(source: *Asda Magazine*, June 2011, p. 45-46)