

Challenge a Chef!

From Hazel

Tuesday 14th April 2020

“ Can I make pasties with self-raising flour? :) Thank you, Hazel ”

Ingredients:

- Leftover lamb
- Carrots
- Peas
- Onion
- Potatoes
- Self-raising flour
- Margarine
- Eggs



Your Chef

George Panks: Creative Director at MYA

“ Hi Hazel,
Pasties are a fantastic idea for using up that leftover Easter lamb. You can certainly use self-raising flour, provided you consider these two points:

- Don't adjust the fat content to counteract the self-raising flour, it will cause the pastry to break apart when cooking.
- Take the salt out of the recipe, as self-raising flour already has enough salt.

Your recipe is as follows: ”

‘Self-raising’ Lamb Pasty

Ingredients - makes 4 good-sized pasties

For the pastry:

- 250g margarine, chilled and diced
- 500g self-raising flour
- 60ml cold water
- 1 egg

For the filling:

- 350g leftover roast lamb, finely chopped
- 1 large onion, finely chopped
- 2 medium potatoes, peeled and diced
- 175g carrots, peeled, finely diced
- 1 tbsp black pepper (if you have it)

Method:

1. Rub the margarine into the flour using your fingertips or a food processor, then blend in the cold water to make a firm dough. Cut equally into four, then chill for 20 minutes.
2. On a medium heat, with a little margarine, fry the filling ingredients in a large pan until the carrots and potatoes are softened, the onions sweated down and the lamb meat sufficiently reheated to at least 75°C.
3. Heat the oven to 220°C/fan 200°C/gas Mk7. Roll out each piece of dough on a lightly-floured surface until large enough to make a round, about 23cm across - use a plate to trim it to shape. Firmly pack a quarter of the filling along the centre of each round, leaving a margin at each end. Brush the pastry all the way around the edge with beaten egg; carefully draw up both sides so that they meet at the top, then pinch them together to seal. Prick the pastry with a fork to stop it rising too much. Lift onto a non-stick baking tray and brush with the remaining egg to glaze.
4. Bake for 10 minutes, then lower oven to 180°C/fan 160°C/gas Mk4 and cook for 45 minutes more until golden. Great served warm.



Send your ingredients to us today:
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#stayhome



#dotherightthing