

## Beef Pasties

**Serves:** 6 (18 small pasties)

**Recipe source:** Julie Goodwin's Essential Cookbook (page 243 "Beef pasties")

**Preparation time:** 20 minutes

**Cooking time:** 40 minutes

### Ingredients:

2 tablespoons olive oil  
2 brown onions, diced  
2 cloves garlic, chopped  
400g beef mince  
2 medium potatoes, diced into 1cm pieces  
1 carrot, peeled and diced into 1cm pieces  
1/4 cup tomato paste  
2 tablespoons Dijon mustard  
1/4 cup Worcestershire sauce  
1 teaspoon sugar  
1 cup beef stock  
2 quantities Rough Puff Pastry (page 234)  
1 egg, beaten

### What to do:

1. Preheat oven to 200°C/180°C fan forced.
2. Line two large baking trays with baking paper.

### Filling:

3. Heat the oil in a large frying pan over a high heat.
4. Sauté the onions and garlic for about a minute, until softened, then add the beef and cook for 5 minutes until cooked through.
5. Add the potato and carrot and stir through. Add the tomato paste and stir to coat all the ingredients in the pan. Sauté for 1 minute.
6. Add the mustard, Worcestershire sauce and sugar, and stir to combine. Stir in the stock and simmer for about 10 minutes until the potato has started to soften and the meat mixture is moist but not too wet. Set aside to cool.

### Assembly:

7. Roll out the pastry to 3mm thick and cut with a 12cm round cutter. Place large spoonfuls of the meat mixture in the centre of each circle. Brush the pastry edges with the beaten egg. Fold over and pinch the edges together all the way around.
8. Place the pasties on the two baking trays. Brush the pasties with egg and pierce a few small holes in the top. Bake for 25 minutes or until golden brown.