Cornish Pasties (Makes 1-4)

ingredients

* 2 tbsp olive oil
* 1 large onion, roughly chopped
* 2 garlic cloves, crushed
* 4 springs of thyme
* 250g beef mince
* 1 medium size potato, diced (about 7x7x7mm)
* 1 large carrot, diced
* 1 tbsp flour
* 500 ml beef stock
* salt, pepper
* chopped parsley
* 1/2 cup frozen peas
* 500 g Ready roll short crust pastry
* 1 egg, beaten

Method

* 1. Heat the oil in a large frying pan.
	2. Soften the onion for about 5 mins, then add garlic and thyme and fry for another 2 mins on high temperature. Add the mince and fry for about 10 mins until browned, add potato and carrot fry for a couple of minutes then add flour, stir well and pour the beef stock over, add a pinch of salt and a generous pinch of freshly ground black pepper and stir some more. Reduce the heat, partly cover and leave to simmer for 30 mins, stir occasionally.
	3. When the filling is cooked, taste and add more salt and pepper if needed (make sure you add plenty of pepper ) Then leave it to cool.
	4. Preheat the oven to 180C, line a baking tray with grease-proof paper.
	5. Roll out the pastry and cut into 3-4 circles of about 25cm diameter. Separate the filling in 3-4 portions and place each portion slightly to one side of each pastry circle, top it with few frozen peas. Apply egg around the edge, then fold it in a half and seal it. Place the pastries on the baking try and glaze them with egg.
	6. Bake them in the oven for about 30 mins.
	7. Cool them and enjoy warm or cold.