CORNISH PASTIES

Equipment needed –

Colander, small saucepan, measuring spoons, small knives, chopping boards, fork, baking trays, pastry brush, graters, cookie cutters and 3 serving platters.

Ingredients from the Garden –

- 450 grams of potatoes, peeled and chopped
- 250 grams of broccoli, cut into small florets
- 1 medium brown onion, finely chopped
- 2 celery stalks finely chopped
- 1 medium carrot, peeled and grated
- 1 small zucchini, finely chopped
- 1 cup frozen beans, chopped
- 1 egg (or ½ cup of milk if egg allergies in class)

Ingredients from the Pantry –

- 2 teaspoons of olive oil
- 7 or 8 sheets of frozen, short crust pastry
- 3 teaspoons, mild curry powder
- Olive oil spray

What to do –

1. Cut the broccoli into small florets and cook in a saucepan of water for 4 minutes or until tender. Drain in a colander over the sink.
2. Add the broccoli to the bowl of cooked potatoes and roughly mash with a fork.
3. Meanwhile finely dice the onions, zucchinis, and celery and grate the carrots.
4. Heat 2 teaspoons of olive oil in a frying pan over a medium-high heat. Add the onions and cook stirring for 3 minutes or until softened.
5. Add the carrots, celery and zucchini. Cook, stirring for 5 minutes or until the carrots start to brown. Chop and add the frozen beans.
6. Add the potato mixture to the pan and 3 teaspoons of curry paste. Stir to combine and set aside to cool.
7. Preheat 3 different ovens to 200°C. Spray 3 baking trays with olive oil spray.
8. Using a large cookie cutter, cut out 4 rounds from each pastry sheet and spoon 1 ½ tablespoons of mixture over the centre of each pastry round. Brush with egg or milk and fold up sides to enclose the filling. Press the edges to seal and form frills. Stand on the prepared tray. Repeat with the remaining pastry rounds, filling and egg.
9. Brush the pasties with the egg and bake 1 tray per oven for 20 minutes or until golden.
10. Let stand for 5 minutes then divide onto 3 serving platters to serve. Serve with the tomato relish.

Serves –

- 28 students.