

Cornish pasties

With a savoury filling of potatoes, onions and meat, these hearty pastry parcels were traditionally the Cornishman's lunch, taken in the back pocket to the harvest fields or to the tin mines

LIGHT LUNCH OR SUPPER Makes 4 or 8

Overall timing 1 hour

Equipment Bowl, baking tray

Freezing Cool pasties. Pack in rigid container, seal, label and freeze. Freezer life: 3–4 months. To use: thaw and then reheat in a hot oven for 10–15 minutes

INGREDIENTS

1lb	Shortcrust pastry	450g
2	Uncooked potatoes	2
8oz	Minced beef	225g
4oz	Kidney	125g
	Salt and pepper	
1	Onion	1
1	Small egg or a little milk	1

METHOD

- 1 Preheat the oven to 450F (230C) Gas 8. Roll out pastry thinly and cut out circles using saucer or plate as guide. Peel and chop potatoes into small pieces. Chop kidney. Peel and finely chop onion.
- 2 Put potatoes, minced beef, kidney, salt, pepper and onion into a bowl and mix.
- 3 Place mixture in centre of circles, dampen edges and pinch together.
- 4 Place pasties on baking tray and brush with beaten egg or milk. Bake for 10 minutes then reduce the heat to 400F (200C) Gas 6 and cook for a further 30–35 minutes.

cook's know-how

Here are the proportions of butter, flour and sugar to make sweet flan pastry for 8in (20cm); 8½in (22cm); 9in (23cm); 9½in (24cm) and 10in (25cm) flan rings:

Butter	Flour	Sugar
2½oz (65g)	4oz (125g)	2½oz (65g)
3oz (75g)	5oz (150g)	2½oz (65g)
3½oz (100g)	6oz (175g)	3oz (75g)
4oz (125g)	7oz (200g)	3oz (75g)
5oz (150g)	8oz (225g)	3½oz (100g)

Tarte aux framboises

Delicate sweet flan pastry is the base of this French dessert – puréed raspberries sweeten the cream and it has a topping of fresh raspberries, too. For a dinner party, make the case in advance

DESSERT

Serves 4–6

Overall timing 4 hours including chilling time

Equipment 9 inch (23cm) flan ring or dish, flat serving dish, fine sieve, 2 bowls, saucepan

Freezing Not recommended for complete flan, but base may be frozen in tin in which it was cooked. Overwrap and seal. Freezer life: 6 months. To use: thaw for 4 hours in fridge before filling

INGREDIENTS

	Pastry	
	Sweet flan pastry	
	Filling	
8oz	Firm raspberries	225g
2oz	Caster sugar	50g
½ pint	Carton of double cream	284ml
1oz	Icing sugar	25g
	Topping	
8oz	Raspberries	225g
4 tbsp	Raspberry jam	4×15ml
2 tbsp	Kirsch or lemon juice	2×15ml

METHOD

- 1 Prepare and cook pastry (made with 6oz/175g of flour) as recipe page 324.
- 2 Turn cold flan on to serving dish, which must be flat so pastry doesn't break.
- 3 To make filling: press raspberries through sieve to remove pips. Mix caster sugar into purée.
- 4 Place double cream in a bowl with the icing sugar, whip slowly till thick.
- 5 Lightly fold raspberry purée into whipped cream, then spread it on the base of flan. Top filling with raspberries, then place in fridge for 1–2 hours (covering lightly with foil).
- 6 Remove flan from the fridge. Gently heat raspberry jam and Kirsch or lemon juice in a saucepan over low heat. Cool, then brush mixture over raspberries. Put flan in fridge till wanted.



Left: Tarte aux framboises – crisp and sweet pastry combined with raspberries