

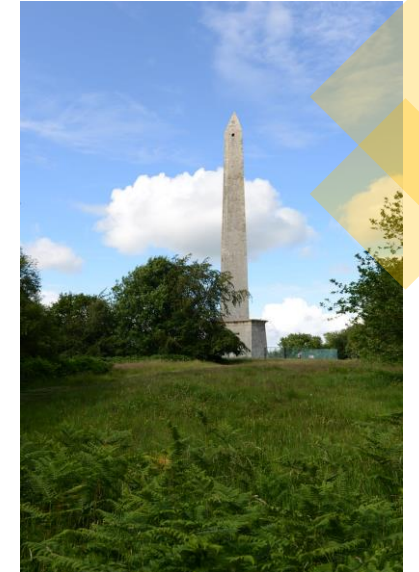
Home town - Wellington, Somerset



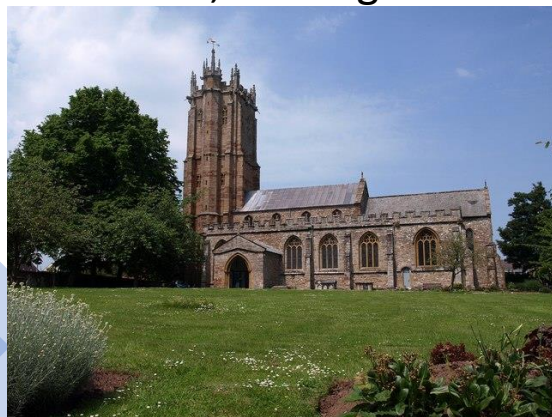
Fore Street, Wellington



Blackdown Hills with Wellington Monument



Wellington Monument



Church of St. John the Baptist



Wellington Park

Home from 2002 - 2011



Home now



Ostuni - The White City



Cornish Pasties

Ingredients - Shortcrust Pastry

- 450 g plain flour
- 2 tbsp baking powder
- 1 tsp salt
- 125 g unsalted butter (cut into chunks)
- 2 egg yolks
- 125 ml cold water



Filling

- 450 g potato (peeled and finely diced)
- 150 g swede (peeled and finely diced)
- 150 g onion (peeled and finely chopped)
- 350 g skirt steak (remove any fat – finely chopped)
- 1 tsp salt & 1 tsp pepper
- 3 tbsp unsalted butter
- 1 egg (beaten)

Cornish Pasties

Recipe – Shortcrust Pastry

- 1) Put the flour, baking powder & salt in a food mixer and mix
- 2) Add the butter and whizz until the mixture is like breadcrumbs
- 3) Add the egg yolks and mix. Then while mixing slowly add the water until the pastry dough forms a ball.
- 4) Remove the pastry from the food mixer and wrap in clingfilm and put it in the fridge for at least an hour.
- 5) Preheat the oven to 180°C – Sprinkle some flour on two large baking trays
- 6) Remove the pastry from the fridge and roll it flat to a thickness of about 3mm.
- 7) Use a small plate to cut out 6 circles.



Cornish Pasties

Recipe – Making the Pasties

- 8) Mix the potato, swede, onion, steak, salt & pepper in a large bowl.
- 9) Put a handful of mixture onto half of each circle. Leave a 2cm border around the edge of the pastry.
- 10) Put ½ tsp of butter on top of the filling.
- 11) Brush some beaten egg onto the edge of the circle.
- 12) Fold the other side of the circle over the filling.
- 13) Seal and crimp the edges of the pasty together using your fingers and thumb.
- 14) Put your pasties on the baking tray and make a small hole in the top of each pasty with a knife or fork.
- 15) Brush the tops of the pasties with the beaten egg.
- 16) Put them in the oven for about 50 minutes (until golden brown)
- 17) Eat them with your hands or a knife and fork.



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Pasties

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Pasty recipe adapted from <https://www.yummly.com/recipe/Cornish-Pasties-2546480#directions>

Sailing Photos are all my own work.