

Spring Vegetable Pasties

Bialik College Kitchen Garden Program



Bialik College

Ingredients:

- ☐ ½ brown onion, finely diced
- ☐ 1 medium carrot, peeled and diced
- ☐ 1 small sweet potato, peeled and diced
- ☐ 2 potatoes, peeled and diced
- ☐ 1 tablespoon olive oil
- ☐ 1 cup frozen peas
- ☐ ½ tablespoons herbs (rosemary, thyme or parsley), chopped
- ☐ 1 ½ cups grated cheddar cheese
- ☐ 4 sheets of frozen shortcrust pastry (or you can use puff pastry), thawed
- ☐ 1 egg, lightly beaten
- ☐ Salt/pepper

Equipment:

- ☐ Metric measuring spoons and cups
- ☐ Chopping board
- ☐ Cook's knife
- ☐ Peeler
- ☐ Frying pan
- ☐ Baking tray
- ☐ Baking paper
- ☐ Large mixing bowl
- ☐ Grater
- ☐ Fork
- ☐ Wooden spoon

Method:

1. Preheat oven to 200C.
2. Prepare all ingredients as stated above.
3. Place diced carrot, sweet potato and potato on a lined baking tray. Drizzle with olive oil and sprinkle with salt and pepper. Roast for 15 minutes or until cooked through.
4. Drizzle a small amount of olive oil in a frypan and cook diced onion over medium heat until golden and translucent. Allow to cool.
5. Place the roasted vegetables in a large mixing bowl with the cooked onions, peas, chopped herbs and cheddar cheese. Stir to combine.
6. You can make either 12 small pasties or 4 larger pasties (Teacher Fay will demonstrate): **SMALL PASTIES**: cut 3 x 12cm rounds from each sheet of puff pastry (you can use a saucer as a guide). Place ¼ cup mixture in the centre of each round and brush edges with egg. Fold pastry over and pinch to seal.
LARGE PASTIES: Place one sheet of pastry on a clean chopping board, pile filling on one half to within 2.5cm of the edges. Cut around the edges to form a large circle, brush edges with egg, fold over and pinch to seal and crimp.
7. Place pasties on a lined baking tray and brush with remaining beaten egg.
8. Bake for 20-25 minutes or until golden.