



Kitchen garden pasties

Ingredients

- 2 sweet potatoes grated
- 1 parsnip grated
- 1 turnip grated
- 1 potato grated
- Pumpkin grated 300 grams
- 2 onions finely chopped
- 2 apples finely grated
- Handful of chopped spinach
- 2 cloves of garlic crushed
- 1/2 teaspoon of cinnamon
- 1/2 teaspoon of ground cloves
- Sea salt and pepper
- 2 eggs beaten
- Chopped parsley 1/2 cup
- 400 mls of passata

Method

- Grate all your vegetables and place into a large bowl.
- Chop your onion and crush your garlic
- Chop your herbs
- Place your wok on the stovetop, add some oil , onion and garlic,sauté till soft.
- Add all your grated vegetables, herbs , apples and add passata .season with salt and pepper Cook for a minute or two, remove from heat and place into 3 medium bowls.
- Remove everything else from your table.
- Wipe down your table then place a pastry sheet onto your board.
- Take a scone cutter and cut out circles for your pasties.
- Place on a large platter lined with baking paper
- Once you have a pastry cut out for each person in the room, stop cutting any more.
- Place your circle of pastry on your board, cover with egg wash using a pastry brush.
- Put a small amount of your vegetable mix in the centre then fold over and crimp the sides so it is well sealed. Coat the top of your pastie with egg wash
- Place on large flat baking trays lined with baking paper
- Cook for 15 minutes at 200 degrees Celsius or until crispy and lightly browned
- Remove from oven place onto 2 large platters and serve up onto people's plates.