

# Cornish Böre?i

Learn to make authentic Cornish Pasties with beef, potatoes, and pastry. Traditional British recipe with step-by-step instructions.

30 min

HAZIRLIK

1h

PI?IRME

1h 30min

TOPLAM

6

PORSIYON

Medium

ZORLUK

Cornish Böre?i

## Malzemeler

- 2 egg yolk
- 2 tsp baking powder
- 125 ml water
- 125 g unsalted butter
- 1 tsp salt
- 150 g onion
- 450 g potato
- 1 egg
- 1 tbsp flour
- 1 tsp black pepper

## Yap?l???

- Make the pastry**

Combine 450g flour, 2 tsp baking powder, and 1 tsp salt in a food processor. Add 150g cold butter cut into small cubes and pulse until the mixture looks like coarse breadcrumbs.
- Add 1 egg yolk to the processor and pulse briefly. Gradually add 125ml cold water while pulsing until the dough just comes together - it should hold when pressed but not be sticky.
- Turn the dough onto a work surface and gently shape into a disc. Wrap tightly in plastic wrap and refrigerate for 30 minutes until firm.
- Prepare for baking**

Preheat oven to 180°C (356°F). Place a large baking sheet in the oven to heat while you prepare the pasties.
- Roll and cut pastry**

Roll the chilled dough on a floured surface to 3mm thickness. Cut into 6 circles, each about 20cm diameter - use a large plate as a template.
- Prepare the filling**

Dice 125g each of potato, swede, and onion into small 1cm cubes. Season with salt and pepper and toss to combine.
- Cut the beef into small 1cm cubes and toss with 1 tbsp flour, salt, and pepper until evenly coated.

## 8 Assemble the pasties

Place equal portions of the seasoned vegetables on one half of each pastry circle, leaving a 2cm border around the edge. Top with the seasoned beef cubes.

9 Dot the filling with small pieces of the remaining butter. Beat the remaining egg and brush around the pastry edges.

10 Fold the pastry over the filling and press the edges firmly together. Crimp by folding and twisting the sealed edge to create a rope-like pattern.

11 Brush the entire surface of each pasty with beaten egg. Cut a small steam hole in the top center of each pasty with a sharp knife.

## 12 Bake

Place pasties on the hot baking sheet and bake for 45-50 minutes until golden brown and the pastry sounds hollow when tapped on the bottom.

13 Cool on the baking sheet for 10 minutes before serving to allow the filling to set and prevent burns from the hot interior.

## ?puçlar?

Use cold ingredients when making the pastry to ensure it stays firm and easy to handle. If your hands are warm, rinse them with cold water before working with the dough.

Don't overfill the pasties - about 2-3 tablespoons of filling per pasty is sufficient. Overfilling makes them difficult to seal and may cause bursting during baking.

When crimping the edges, ensure you create a tight seal by pressing firmly. The traditional Cornish crimp involves folding the pastry over and creating a rope-like pattern along the edge.

Cut a small steam hole in the top of each pasty to prevent bursting during baking. This allows steam to escape while keeping the filling moist.

Brush with beaten egg just before baking for a beautiful golden color. For extra richness, use just egg yolk mixed with a tablespoon of cream.

Place pasties on a preheated baking tray to ensure the bottom cooks properly and doesn't become soggy from the filling juices.

Test for doneness by checking that the pastry is golden brown and the internal temperature reaches 75°C (165°F) when tested with a thermometer.

Let pasties rest for 5-10 minutes after baking to allow the filling to set slightly and prevent burns from the hot steam inside.