



MR HANS

FRESH FAMILY FOOD

www.mrhans.co.uk



PDF of Recipe



For more information



use any icon below



Cheese, Onion & Prosciutto Pasty

(v) Option Available (leave out the Prosciutto)

Prep Time: 10 Mins

Cooking Time: 40 Mins

Makes 4 to 6 Pasties

INGREDIENTS:

- 2 x Ready Rolled Puff Pastry Sheets
- 100g of Grated Cheddar Cheese (Mature)
- 100g of Grated Gruyere Cheese
- 250g New Potatoes (Peeled and cut into tiny cubes)
- 6 x Spring Onions (Chopped)
- 200g of Prosciutto (Thinly sliced & chopped) (Optional)
- A handful of Fresh Parsley (Chopped)
- 50g Chilled Butter (Cut into small cubes)
- Ground Black Pepper (to taste)

EQUIPMENT:

- Chopping Board
- Oven Proof Tray
- Baking Parchment / Paper
- Mixing Bowl
- Rolling Pin (to roll out our cuts)
- 20cm Round Plate (to cut the pastry circle)
- Oven

EXTRAS:

1 x Beaten Egg

CHEAT INGREDIENTS:

- Ready Rolled Puff Pastry
- Tinned New Potatoes (Peeled)

WHY THESE CHEATS?

"Shop bought pastry these days is so good, there really is no need to make your own. 1 Sheet will make 2 to 3 pasties. Using tinned new potatoes is a quick and easy cheat as they are already peeled and cooked." - MR HANS

METHOD:

The measures in this recipe can be adjusted slightly if you so wish. The key to success is having the oven temperature correct and then flipping over the pasties after 30 minutes to ensure the base is cooked through and there is no 'Soggy Bottom'

HOW TO PREPARE

- Cut the baking paper so it will line your baking tray.
- Place your baking tray (without the paper) in the oven and set your oven to its highest temperature - This will pre-heat the baking tray while you make the pasties.
- In a mixing bowl, combine all of the ingredients together to create your pasty filling and set to one side.
- Unroll each pastry sheet leaving it on its paper. Now cut out 2 circles (around 20cm) of pastry and place on your board.
- Carefully spoon some of the mixture (be generous) onto each pastry sheet creating a half moon shape on the left of each pastry sheet, leaving around a 2cm of pastry clear around the edge. Brush this edge with beaten egg.
- Now carefully fold over the unfilled half of the pastry over the top of the mixture and press down around the edge sealing the pastry into the classic pasty shape.
- Shape the pasty and try to remove any air pockets from within. Then using a fork, seal the edge of the pasty by pressing the fork around the edge. Brush the top of the pasty with beaten egg and place a small hole in the top of the pasty with a sharp knife. This helps to release the steam when the pasty is cooking.
- Continue to make the other pasties using the same method. (You can use any off cuts to make more until you have used up all of the filling).
- Remove the Baking tray from the oven and reduce the temperature to 180°C fan.
- Place the pre-cut baking paper on the baking tray and carefully transfer the pasties onto the tray. Leaving a little room between each one as they will expand slightly when cooking.
- Place the tray of pasties in the centre of the oven and cook/bake for 30 minutes or until golden brown on the top.
- Remove from the oven and gently turn over each pasty, and then return to the oven (on a high shelf) for a further 10 minutes or until the base is golden brown.
- Remove from the oven and turn the pasties over onto a wire rack to cool.
- The pasties will be too hot to eat straight from the oven. A resting time of around 30 minutes is ideal or they can be left to cool completely and then each one wrapped in foil and kept in the fridge for up to 3 days. They can then be eaten cold or re-heated for around 30 minutes at a temperature of 160°C (remove the foil for the last 10 minutes).

TEMPERATURES
Oven - High & then 180°C

Serve with a Fresh Side Salad and a Cold Beer