

Ingredients

For the pastry

- 125g chilled and diced butter
- 125g lard
- 500g plain flour, plus extra
- 1 egg, beaten.



For the filling

- 350g beef skirt or chuck steak, finely chopped.
- 1 large onion, finely chopped.
- 2 medium potatoes, peeled, thinly sliced.
- 175g swede, peeled, finely diced.
- 1 tbsp freshly ground black pepper.



In the 1300th century, The wives of Cornish tin miners would prepare these all-in-one meals to provide a meal for their husbands during their days down mines, working where it was not possible for them to surface at lunchtime. A typical pasty is a filling of choice sealed within a circle of pastry; one edge crimped into a thick crust. The crust was a way of holding the pasty with dirty hands without contaminating the meal. Arsenic commonly accompanies tin within the ore that they were mining so, to avoid arsenic poisoning, it was an essential part of the pasty.