

Beef Pasties

Makes about 12



Ingredients

For the dough

- 2 cups (4 sticks) cold unsalted butter, cut into ½” pieces
- 5 cups all purpose flour
- 2 tablespoons sugar
- 2 teaspoons kosher salt
- 1 cup cold buttermilk

For the filling

- 2 pounds very lean (90% lean) ground beef
- 2 cups ½” diced Yukon gold potatoes, par-cooked
- 2 large carrots, peeled and cut into ¼” pieces
- 1 medium brown onion, chopped
- 2 cloves garlic, minced
- 1 cup mushrooms, finely chopped
- 1 teaspoon salt
- ½ teaspoon freshly ground pepper
- 1 tablespoon Worcestershire sauce
- 1 cup chicken stock
- 2 tablespoons cornstarch
- 2 tablespoons cold water
- 1 cup frozen peas

For the egg wash

- 1 egg whisked with one tablespoon milk

Steps

Prepare the dough:

1. Pulse the flour, sugar and salt in the bowl of a food processor. Add the butter and pulse until the butter pieces are covered in flour and resemble small peas. While pulsing slowly add the buttermilk. If the dough crumbs hold their shape when pinched together, your mixture has enough buttermilk. If it's still too dry add one tablespoon of buttermilk at a time until the dough holds together.
2. Dump the dough out onto a piece of parchment paper and using your hands gather the crumbly dough into a ball. Divide the dough in half placing each half on a piece of parchment paper. Wrap the dough in parchment paper and chill for at least 2 hours or even overnight.

Prepare the Filling:

1. In a microwave safe bowl, add the small-diced potatoes and ½ cup water. Plastic wrap well and microwave for 4 minutes - or until the potatoes have softened but are still a bit firm. Add the carrots. Cover well in plastic wrap and microwave for another 2 minutes. Drain water and set aside.
2. In a large pan over medium heat begin cooking the beef, breaking up the pieces with a spatula or spoon. As the meat browns, add the onions, garlic and mushrooms and continue cooking until meat is browned and the onions are translucent. Season with salt, pepper, and Worcestershire sauce. Add the chicken stock, scraping up any browned bits from the sides and bottom of the pan and bring to a boil. Slowly add the cornstarch slurry (cornstarch mixed with cold water) and stir well. You want to thicken this as it becomes the “gravy”. Once the mixture is thickened, taste for seasoning. Add the potatoes, carrots and peas. Stir to combine.
3. **Preheat oven to 400°F.** Divide each half of dough that has been chilling into six equal balls. Roll each one out to about 9” in diameter. Place about 1 cup of the filling on one half of the circle. Fold the other half over and crimp the edges with a fork or a roll. Transfer the pasty to a baking sheet pan lined with parchment paper. Continue with the rest of the dough and filling.*You will need two sheet pans for this.
4. Brush the tops of the pasties with egg wash and bake for 15 - 20 minutes at 400°F before lowering the oven to 350°F to finish for the remaining 10-ish minutes. You will know they are done when the color of the pasties is a nice deep golden brown. Let cool for a few minutes before plating and serving warm.