<u>VEGETABLE PASTIE</u>
Gluten Free Dairy Free Low Chemical

8 individual Pasties
Pastry: readymade or make a pastry according to a recipe

- This recipe uses 2 sheets of prepared gluten and dairy free Puff Pastry from **CHOICES** bread shop (no soy).

Filling Ingredients:

2 medium potatoes	500ml water
1 small choko	Salt to taste
10 green beans	Activated saffron threads*

* To activate the saffron: finely chop about 10 strands of saffron, place them in a cup and add 2 tablespoon boiling water. Let it sit for 4 hours before using

Method:
- Preheat oven to 200^{0}C.
- Have pastry at room temperature
- Line an oven tray with baking paper
- Dice the potato and choko into 1-2cm squares
- Cut the beans into 1 cm pieces
- Put the potato, choko, beans, water, saffron and salt into a saucepan, put on the lid and bring to the boil
- When boiling, reduce the heat and simmer for about 15 minutes or until the vegetables are quite soft
- Remove the vegetables from the stove and cool slightly

Assembling the pastries
- Sprinkle extra plain GF flour over a clean bench & place 1 sheet of Choices Puff pastry on the floured surface
- Cut the pasty into 4 rectangles (halve the length and halve the breadth)
- With a rolling pin, gently roll/ease one side of each rectangle into a square shape
- Repeat with remaining pastry sheet to have 8 square pastry sheets
- Place each square onto the baking paper in 2 lines of 4
- With a pastry brush or finger, wet the pastry edges with a little water
- Divide the vegetable mixture evenly among the squares; spread it in a triangular shape on half the square leaving a small edge of exposed pastry to join with the other side
- Fold the free half of the pastry over the vegetables and press the edges of the pastry together
- Gently press a fork around the edge or crimp with fingers to ensure it is sealed
- Cook for 10 minutes in a normal oven, then fan force the oven for a further 15 minutes of cooking
- Eat as is ....or serve them with a suitable chutney (either choko chutney or pear chutney)