

RECIPE FOR PASTIES (RHYMES WITH PAST AS IN "TIMES PAST"!)

(AS EATEN IN *THE RIDDLE OF PENNCROFT FARM*)

PASTRY

1 CUP BUTTER, MARGARINE OR CRISCO

3 CUPS FLOUR

1 1/2 TEASPOONS SALT

5-6 TABLESPOONS COLD WATER

MIX FLOUR AND SALT IN A BIG BOWL. CUT BUTTER (OR WHATEVER) INTO THE DRY INGREDIENTS UNTIL THE PIECES ARE SMALL. SPRINKLE IN WATER, A LITTLE AT A TIME, AND MIX GENTLY WITH A FORK. (ADD A BIT MORE WATER IF NEEDED.) DIVIDE THE DOUGH INTO SIX PARTS AND MAKE EACH PART INTO A BALL. ROLL OUT THE PASTRY INTO SIX CIRCLES OF ABOUT 9 INCHES EACH. PLACE ON UNGREASED COOKIE SHEETS.

FILLING:

1 POUND CHUCK OR ROUND STEAK, CUT INTO 1/2 INCH PIECES. (FREEZING FOR 1 HOUR MAKES THE BEEF EASIER TO CUT.)

2 CHOPPED ONIONS

2 LARGE POTATOES, CUBED

1 CUP DICED CARROTS (OR RUTABAGAS)

MIX TOGETHER BEEF, VEGETABLES, SALT AND PEPPER.

PLACE 1 CUP OF THE MEAT MIXTURE ON HALF OF EACH PASTRY CIRCLE. DOT WITH BUTTER, AND SPRINKLE WITH 1 TSP WATER. BRUSH EDGES OF PASTRY WITH WATER TO MAKE THEM A BIT STICKY. FOLD PASTY OVER AND SEAL EDGES INTO A HALF CIRCLE USING A FORK. CUT SMALL SLIT IN EACH PASTY AND BRUSH WITH MILK. BAKE AT 375 DEGREES FOR 50-55 MINUTES UNTIL GOLDEN BROWN. CAN BE SERVED HOT OR COLD.