

Jamaican patties

Ingredients for pastry:

100g plain flour
50g butter
½ tsp turmeric
Pinch of salt
1-3tbsp very cold water

Making the pastry:

1. Lightly mix the fat and flour to breadcrumbs.
2. Add the cold water spoonful by spoonful cutting in with a knife to stick pastry together.
3. Mix to a dough, handling the pastry as little as possible.
4. With your hands bring the dough together into a ball.
5. Sprinkle flour on work surface, roll pastry out and cut 2-4 circles ½ cm thick.

Note: when making pastry it's important to keep it as cool as possible. After making the pastry you can wrap in clingfilm and leave in the fridge while you make the filling, then roll it out when needed.

Ingredients for filling:

1 tbsp oil	3tbsp water
1 garlic clove	½ tsp ground ginger
½ medium onion: finely chopped	½ tsp cayenne pepper
½ medium carrot: grated	½ tsp salt
½ medium potato: grated	Pinch of chilli powder
¼ red pepper: diced	1 tbsp sweetcorn (optional)
	50g Minced beef, Quorn mince or red kidney beans(optional)

Method:

1. Prepare all the vegetables. Dice onion and garlic. Grate the carrot and potato. Chop pepper.
2. Heat the oil in the frying pan.
3. Fry onion till soft – medium heat for at least 5 minutes.
4. Add salt and spices and garlic.
5. Add the meat, if using, plus carrot and potato and fry for 10 minutes. Add diced red pepper. Add kidney beans and sweetcorn if using.
6. Add water and simmer filling for 10 minutes. Filling should not be too wet or too dry.
7. Remove from heat and leave to cool.
8. Roll out pastry. Cut 2 circles out. You might manage 4 circles altogether.
9. Spoon filling into one side of each of the circles.
10. Fold the other side over and seal around the edge with water then press edges down with a fork.
11. Neaten the edges with a knife if necessary
12. Place on a baking tray in oven at 200c for 25 minutes until golden

