



Sharon's Jamaican Patties



Ingredients

For the Filling

1tbsp vegetable oil
1 onion, finely chopped
1 red pepper, finely chopped
3 spring onions, finely chopped
500g beef mince
2 garlic cloves
2 medium chillies or 1 hot chilli
2tsp garam masala or curry powder
1tsp each of paprika, turmeric, salt and thyme
190ml beef stock
Grated cheese to taste



For the Pastry:

250g plain flour
115g unsalted butter
1tsp turmeric
1tsp garam masala or curry powder
1tsp salt
Iced water

Method

1. Heat the oil in a pan, add the onion and fry until softened but not browned. Add the red pepper, spring onions, garlic and chilli and cook for a few more minutes.
2. Add the mince, spices and salt and cook for 10 mins until the meat is browned. Add the beef stock and thyme and simmer for 20 minutes until the meat is tender and most of the liquid has been absorbed. Allow to cool.
3. To make the pastry, put the flour, salt and spices into a bowl and rub with fingertips until the mixture forms a breadcrumb texture. Using a knife add enough iced water to bind the dough together. Wrap in cling film and leave to chill for 10 minutes.
4. Preheat the oven to 200/fan 180/gas 6.
5. Roll out the pastry and use a saucer to cut out approx 10 rounds.
6. Put a generous spoonful of the filling on one side of the pastry, leaving a 1cm border around the edge. Sprinkle over some grated cheese, brush the edges with water and fold the pastry over the mince. Press down the edges to seal and mark with a fork. Cut two holes in the top of each patty.
7. Lift onto a greased baking tray, brush with beaten egg and bake for 25 mins.