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How To Make Cornish Pasties The Official Recipe (Authentic English Recipes Book 8)



Synopsis

About Authentic English Recipes It's great to try new recipes for the first time. To experience new flavors and food combinations you may never have thought of. But for most of our day to day cooking we never open a cookbook or precisely measure ingredients. We go by what feels right and the experience of cooking the same meal many times before. The How To Make Authentic English Recipes series is more about the method and the ingredients than it is about precise measuring. This is the way our Grandmothers and Mothers cooked. These are recipes my Grandmother passed down to my Mother and then to me. I hope you enjoy this series of cookbooks and will soon be using these homemade recipes and cooking like a true Brit.

About How To Make Cornish: The Official Recipe Yes, there is an official Cornish pasty recipe and it is included here along with a US English translation. By European law, this is the only pasty that can be called a Cornish Pasty and even then only if it is made in Cornwall. So, unless you happen to live in Cornwall, you will just have to call it something else. If you insist on calling it a Cornish Pastry and one day two burly tin miners with strange accents show up on your doorstep, all I can say is, "You were warned!" What's a Cornish Pasty, you may ask? Well, the official one is much like a meat pie, but you can hold it in your hand and the pastry will hold together. It's much the same for the variations I have provided in this cookbook, although I didn't stop at just meat pies, there's also fruit pies, vegetarian pies and many other versions. The list of recipe names below will give you a good idea.

My mother's pasty recipe was different, so I included that as the Unofficial Cornish Pasty Appetizers. But there is so much more you can do, and I have done, with the pasty idea that I thought you might like to try some of the variations I've come up with over the years. Therefore, in this book, you'll find the following recipes:

Savory Pasty Recipes
Cornish Pasties, the Official Recipe
Cornish Pasties, the Unofficial Recipe (created as appetizers)
Flaky Pastry Recipe
Vegetarian Pasty
Cheese, Mushroom and Leek
Ham, Swiss Cheese and Asparagus
Sausage Pasty
Pizza Pasty
Asian Pasty
Jerk Chicken Pasty
Dessert Pasty Recipes
Peach & Walnut Pasty
Bumbleberry Pasties
Banana & Chocolate Pasty
"Banana Split" Pasty
Apple and Walnut Pasty

Just to make sure my pasty recipes can be enjoyed anywhere in the world, I have included a table of international measurement equivalents. So get this book now and start baking some pasties for lunch, dinner, desserts or snacks!

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Customer Reviews

Call them pastys, turnovers, hand pies, what you will, they're good and they're portable! Grandma has been making pastys (I would call them Cornish but apparently that is illegal unless they are made in Cornwall) for many a year, though I have to admit I often cheat and put the filling in a traditional American-style 2 crust pie. You'll get no "cheating" from Geoff Wells, though you'll find a fair few varieties of pasties not Cornwall, including Vegetarian, a Ham, Cheese & Asparagus that looks delightful and even a few sweet varieties. Geoff has included an interactive Table of Contents that interfaces correctly with the Kindle navigation menu and links to the official Cornish Pasty website, a video showing how to make an "official Cornish pasty", and sources for several hard-to-get in the US grocery items. I do have to tell you though, Geoff, I can get Bird's Custard Powder at every store in town these days. Highly recommended

So far, I have made 1/2 of a batch of the U.S. Translation Cornish Pasty dough. The dough was very easy to do, and it turned out very well. It isn't pie dough, and it isn't bread, but something in between and flaky and good, and quite sturdy, but not tough. The pasties are very good either hot or cold. A link to the website is included and I like going there to watch the Cornish Pasty video, although I have not managed the crimp yet. Geoff gives you a variety of recipes, both savory and

sweet and these should be enough to get you started, as well as enough to give you ideas for tailoring fillings to your likings and dietary restrictions, which I have to do since I can't have potatoes, and many other common filling ingredients. It's also helpful to know that you can freeze leftover dough and filling as even half a batch can provide too many pasties for one or two people. Geoff writes very clear and easy instructions, and he's got a nice sense of humor. I can recommend this book.

I like the idea of the small meat or vegetable filled pastries for a quick meal, but find the commercial offerings such as Hot Pockets to be pretty tasteless with meager fillings and few choices plus the problems with artificial additives and preservatives in many commercially made foods. I've been looking for recipes to make something similar at home, with little luck until I found this book on Cornish pasties. This book gives not only the industrial strength traditional recipe for Cornish pasties dough and filling in both metric and American measurements, it goes beyond that by giving a recipe for a lighter version of the pastry shell as well. It then goes on to give a nice selection of fillings including both savory, main dish types and dessert fillings. The ingredients lists and instructions are clear, complete, and well written. Even a novice baker should have little problem following the instructions and coming out the other end with an enjoyable and tasty product. I've found exactly the type of recipes I was looking for plus several ideas I didn't even know I needed. Asian filling, Apple and Walnut filling, Pizza filling, Ham and Swiss filling and more. There is also a handy section with conversions from metric to American measurements. Highly recommended.

I just love the books in this series. They are informative and fun to read in addition to having excellent recipes. If you're new to cooking, you don't have a worry because the author explains everything so clearly. You'll find the original pasty recipe which is sturdy enough to eat with one hand; also included is a Flaky Pasty Recipe which we're warned "will not survive a fall down a mine shaft." You'll understand when you read the book - just get it - you're never let down with this series.

I made a pastie today from this book, using organic coconut oil as the fat, and it was delicious! As a vegetarian, I do not use lard, so the coconut oil is as close to lard as I wanted to get. I had expected a crust that was as soft as a pie crust, but mine was more like a cracker. It held the filling very well. Thank you for such a fine addition to my library of cookbooks!

Excuse me while I make a loud excited squealing noise! Okay. Done. This is a fantastic recipe book.

I normally buy pasties because I did not have a good recipe. I am a great lover of pasties and will travel three hours by bus to a British pub to get a fix. (Each way, and yes, I mean it. I love pasties despite them being slightly bland and boringish to many people. I find them divine.) This booklet is well written, directions are carefully explained. There is even a bit of history about the Cornish Pasties. Several different versions of the recipe are included, as are sweet recipes. Well worth the price. This is going to save time on the bus! Pardon me, I must go make enough to fill my freezer with these yummy meals.

I bought this so that I could learn how to make Cornish pasties before trying to move on making a pumpkin pasty ala Harry Potter. I haven't tried it yet, but I've read through the book and found the writing to be humorous and endearing. There are something like 18 US measurement recipes in the book and the author says they're all the "good" ones he's tried on his family. A lot of them sound really good and I'm excited to try it out, especially with the Pizza pasty and the Ham, cheese, and asparagus pasty! If my opinion of the book changes once I start cooking, I'll come back and edit, but for now I'm pretty happy with the product for the price.

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