

PEI Pasty

Beef, potato and turnip handpies

Makes 6 to 8 handpies

Prep 45 min plus chilling

Cook About 4 hr

INGREDIENTS

Pastry

- ½ lb frozen butter, grated (or cut in small cubes)
- 2 cups all-purpose flour
- 1 cup whole wheat flour
- 1½ tsp salt
- 1 cup ice water (you may not need it all)

Filling

- 1 Tbsp neutral oil
- 1 lb stewing beef, cubed
- 3 cups russet potatoes, peeled and cubed
- 1 small turnip (rutabaga), peeled and cubed
- 1 medium onion, diced
- 3 cloves garlic, minced
- 1 litre (about 4 cups) low-sodium beef stock
- 2 tsp salt
- 2 tsp ground black pepper
- 1 tsp tomato paste
- 2 tsp dried rosemary
- ¼ cup flour, as needed

To finish

- 1 egg, beaten with a splash of water

METHOD

- 1 Make the pastry.** Whisk both flours with the salt, then toss in the frozen butter. Add ¾ cup of the ice water and mix just until it starts to hold together, adding more a spoonful at a time only if you need it. Press into a disc, wrap in parchment and chill for at least 30 minutes.
- 2 Brown the beef.** Heat the oven to 350°F. Season the beef with salt and pepper and brown it in the oil in a hot Dutch oven. Lift it out and set aside.
- 3 Build the stew.** Turn the heat to medium and cook the onion and garlic until soft. Stir in most of the flour, the rosemary and the tomato paste, then pour in the stock a little at a time, stirring hard so it stays smooth. Bring to a simmer and add the potatoes, turnip and beef.
- 4 Braise and chill.** Cover and bake for 3 hours, stirring now and then and adding a splash more stock if it gets dry. It should be thick, like a hearty stew. Cool it, then refrigerate until cold. Overnight is perfect.
- 5 Shape the handpies.** Cut the pastry into 6 to 8 pieces and roll each into a circle. Spoon about ¾ cup of cold filling onto one side (for 8). Brush the edge with egg wash, fold the pastry over and press out the air, leaving a 1 inch rim with no filling. Crimp with your fingers or a fork.
- 6 Bake.** Set the handpies on a parchment-lined baking sheet, brush the tops with egg wash and bake at 425°F for 35 to 45 minutes, until deep golden. Serve hot.

MAKE AHEAD

Freeze the shaped, unbaked handpies on the tray, then bag them. Bake from frozen at 425°F, giving them an extra 10 to 15 minutes.