

Jackie's Jamaican Patties



Why make it.... Jackie's patties are very tasty. They'll put you in a holiday mood! She has made them for the cafe and we love them.

Ingredients – Makes 20-24

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| For Beef filling | • 500g minced beef | • ½ scotch bonnet pepper |
| | • 1 medium onion | • 3 tbsp curry powder |
| | • ½ bulb garlic | • 2 tbsp tomato puree |
| | • 1 tomato (chopped) | • 3 tbsp green peas |
| | • 1 tsp salt | |
| For Vegetarian filling | • 1 sweet potato | • 3 tbsp sweet-corn |
| | • 1 potato | • 3 tbsp green peas |
| | • 1 carrot | • ½ medium sized onion |
| | • 1 tomato (chopped) | • ½ bulb garlic |
| | • ¼ green pepper | • ½ sprig of thyme |
| | • ¼ red pepper | • 2 tsp chilli powder |
| Pastry | • 500g plain flour | • 200g margarine and |
| | • 1 tsp turmeric | 200g Trex vegetable fat |
| | • ¼ tsp salt | |

Method

Beef filling

1. Heat a little oil in a saucepan.
2. Add the onion, garlic, scotch bonnet, tomato to soften.
3. Then add the minced beef and stir until the mince starts to brown.
4. Add the curry powder.
5. Continue to stir until the mince is cooked.
6. Do a taste test to check there is enough salt etc.
7. Mix in the peas and set the mixture aside to cool.

Vegetarian filling

1. Cut the potatoes and carrots into small cubes.
2. Boil the potato, sweet potato and carrot until almost cooked.
3. Heat a pan with a little oil.
4. Add the onions, garlic, tomato, green/red peppers, and thyme until softened.
5. Then add the pre-cooked potatoes, carrots, sweet-corn and peas.
6. Do a taste test to check there is enough salt etc.
7. Set the mixture aside to cool.

Pastry

8. Preheat the oven to 200C/400F/Gas 6.
9. Rub the margarine and Trex into the flour with your fingertips until the mixture resembles breadcrumbs. When this happens, you may need a little bit of water to bring it together into a ball. Roll the pastry out to the thickness of a £1 coin and using the largest round pastry cutter, cut into circles.
10. Add 2-3 teaspoons of the cooled filling onto the middle of each circle of pastry.
11. Brush a little milk around the outside of the circles before folding the edges together (to make a half moon shape). Press around the edges to seal'.
12. Put on a lined baking tray and bake for 20 minutes.

Thank you Jackie! ☺