

Taste the Hills

Recipes and Tips

Spinach and walnut pasties

250g flour - plain or wholewheat.

175g butter or a mix of butter and veg lard, chilled and cut into cubes

Pinch of salt

1 beaten egg to glaze

Filling 700g spinach or chard or a mix of the two.

6 spring onions

75g walnuts

175g cottage cheese

50g grated parmesan

1 clove garlic, crushed

A little butter

Grated nutmeg

Juice of half a lemon

Salt and pepper

- Make the pastry by rubbing the fat into the flour. Add the salt and then sprinkle on enough cold water to make a dough. Chill while you make the filling.
- Turn the oven to 200 degrees.
- Wash the spinach if necessary. Chop the onions and walnuts.
- Wilt the spinach in a saucepan with no added water, turning the leaves occasionally. Drain in a colander and when cool enough squeeze out any excess water.
- Chop and put in a bowl.
- Melt the butter and gently fry the onion, garlic and walnuts. Put into the bowl with the spinach and stir in the cheeses. Add the nutmeg, lemon juice and seasoning.
- Roll out the pastry and cut into 8 15cm rounds. Divide the filling between the rounds. Moisten the edges and fold into semi circles and firmly seal with your fingers or with the prongs of a fork.
- Brush with the beaten egg and bake on greaseproof lined baking sheets for 20-25 minutes.

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