



Pastie

Originally prepared as take-along lunches for English miners back in the day, the pasty is a big hunk of energy and nutrients, exactly what one would need during a long, hard day. The recipe is highly flexible in measurements.

Ingredients

- 2 pie crusts
- Approximately equivalent quantities of
 - Burger meat
 - Potatoes
 - Carrots
 - Rutabaga
 - Daikon radish
 - Onions
- Salt/pepper to taste
- Butter

Directions

Step 1 – Cut all vegetables into bite sized pieces. Pre cook rutabaga/carrot to soften. Boiling works fine, similar to mashed potatoes but not as long. Mix all ingredients except butter. Place on first pie crust, top with butter or fat. Cover with second pie crust.

Step 2 – Bake at 325 for 1.5 hours. Check for browning crust.

The Pastie is scaleable in any direction and can be made in any shape. Let your imagination run free.