

Nelson's
Journey
**Purple
Picnic**
bringing back smiles to bereaved children



Kate Barmby's
Sausage and Beans
Cheesy Grins

SAUSAGE AND BEANS CHEESY GRINS

Pasties to put a smile on your face!

Makes approximately 6

PASTRY

250g Self-raising flour

250g Strong white bread flour

½ teaspoon Fine salt

125g Chilled unsalted butter cut into small pieces

125g Chilled lard cut into small pieces

1 Large egg, beaten

Approximately 50ml Cold water

FILLING

400g Good quality sausagemeat

415g Tin of baked beans with some of the sauce drained off

4 Spring onions, chopped

150g Cheddar cheese, grated

EGG WASH

1 Large egg

½ tablespoon cold water

Pinch of salt

COOKING INSTRUCTIONS

THE PASTRY

- 1 Combine the flours and salt in a large bowl.
- 2 Add the butter and lard in small pieces and rub in with your finger tips.
- 3 Add the beaten egg and enough cold water whilst mixing with a round ended table knife to make a smooth dough. Knead briefly with your hands.
- 4 Shape the dough into a rectangular block, wrap in cling film and chill in the fridge for 20 minutes. Allow the pastry to return to room temperature before rolling.

If you prefer, use shop bought readymade shortcrust or puff pastry.

THE PASTIES

- 1 In a large bowl mix together the sausage meat, baked beans and chopped spring onions.
- 2 Divide the pastry into 6 equal portions and ten roll each portion out into a disc 3 – 4mm thick and approximately 20cm in diameter.
- 3 Spoon a sixth of the filling down the centre of the circle, making sure you leave a 1.5cm border of uncovered pastry.
- 4 Top the filling with a sixth of the grated cheese.

- 5 Beat together the egg with ½ tablespoon of water and a pinch of salt to make a wash.
- 6 Brush around the pastry edge with the egg wash.
- 7 Bring both sides of the pastry disc up to meet at the top in the middle and pinch them firmly together to seal all the way down.
- 8 Press the edge of the pastry together and then lay the pasty on its side on a baking sheet lined with parchment and gently bend it into a smile.
- 9 Repeat the process to make a further 5 pasties.
- 10 Chill for at least 30 minutes before baking.
- 11 Pre-heat the oven to 200°C (180°C fan), gas mark 6.
- 12 Glaze the pasties with some of the remaining egg wash before baking for 15 minutes then lower the temperature to 180°C (160°C fan), gas mark 4 and bake for a further 30 – 40 minutes until the pastry is golden and crisp.
- 13 Allow to cool before serving.

TIP

To make a vegetarian version of these pasties replace the sausagemeat with 400g of cooked diced potatoes.

Love Kate x