



## Beef Pasties with Caramelized Onions and Stilton Cheese

READY IN



45 min.

SERVINGS



4

CALORIES



1726 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 teaspoon kosher salt divided
- ☐ 0.5 teaspoon thyme dried
- ☐ 0.5 cup wine dry white
- ☐ 1 large egg whites beaten to blend
- ☐ 7 tablespoons water ()
- ☐ 4 teaspoons olive oil
- ☐ 2 large onion thinly sliced
- ☐ 1.1 teaspoons salt

- ☐ 10 ounces skirt steak
- ☐ 0.5 cup shortening frozen (preferably nonhydrogenated)
- ☐ 3.7 cups coarsely stilton cheese blue divided crumbled
- ☐ 2 cups unbleached all purpose flour
- ☐ 0.5 cup butter unsalted chilled cut into 1/2-inch cubes (1 stick)
- ☐ 1 cup flour whole wheat white

## Equipment

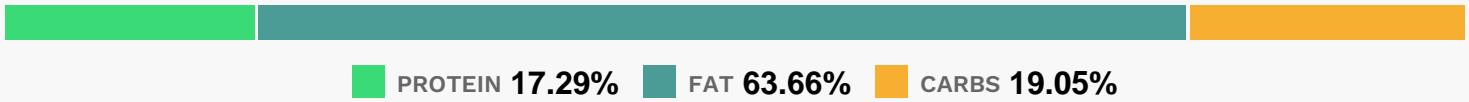
- ☐ bowl
- ☐ baking paper
- ☐ oven

## Directions

- ☐ Blend both flours and salt in processor 5 seconds. Drop in shortening by tablespoonfuls.
- ☐ Cut in until coarsely diced.
- ☐ Add butter.
- ☐ Cut in until coarse meal forms.
- ☐ Transfer to bowl.
- ☐ Add 7 tablespoons ice water. Toss with fork until moist clumps form, adding more water by teaspoonfuls if dry. Gather dough into ball; divide into 4 equal pieces. Shape each into disk; wrap and chill at least 45 minutes and up to 1 day.
- ☐ Heat oil in heavy large skillet over medium heat.
- ☐ Add onions. Sauté until deep brown, reducing heat if necessary to avoid burning, about 30 minutes.
- ☐ Add wine and thyme. Simmer until liquid evaporates, stirring often, about 3 minutes. Season with salt and pepper. Cool. DO AHEAD: Can be made 1 day ahead. Cover and chill.
- ☐ Position 1 rack in top third and 1 rack in bottom third of oven and preheat to 400°F.
- ☐ Roll out each dough disk between sheets of parchment paper to 9-inch round. Peel top parchment off each.

- ☐ Spread 1/4 of onionmixture on half of each round, leaving1–inch plain border. Top onions with beefstrips.
- ☐ Sprinkle 1/4 teaspoon coarse saltover beef on each, then top each with 1/4 ofcheese.
- ☐ Sprinkle with pepper.
- ☐ Brush doughborder with some egg white. Using bottomparchment as aid, fold plain dough half overfilling. Seal edges. Fold sealed edge overagain; press with fork to double–seal.
- ☐ Brush each pasty with egg white.
- ☐ Cut3 slits in each top crust. Divide pasties (stillon parchment) between 2 large rimmedbaking sheets.
- ☐ Bake pasties until crust is golden brownand filling is cooked through, about 30minutes. Cool 10 minutes; serve.

## Nutrition Facts



## Properties

Glycemic Index:17.25, Glycemic Load:3.03, Inflammation Score:–9, Nutrition Score:44.843913119772%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 15.24mg, Quercetin: 15.24mg, Quercetin: 15.24mg, Quercetin: 15.24mg

## Nutrients (% of daily need)

Calories: 1725.96kcal (86.3%), Fat: 121.35g (186.69%), Saturated Fat: 64.18g (401.13%), Carbohydrates: 81.71g (27.24%), Net Carbohydrates: 75.7g (27.53%), Sugar: 4.8g (5.33%), Cholesterol: 268.31mg (89.44%), Sodium: 3801.27mg (165.27%), Alcohol: 3.09g (100%), Alcohol %: 0.67% (100%), Protein: 74.18g (148.36%), Calcium: 1210.26mg (121.03%), Phosphorus: 1051.39mg (105.14%), Selenium: 70.57µg (100.82%), Vitamin B2: 1.44mg (84.42%), Zinc: 10.98mg (73.17%), Vitamin B12: 4.21µg (70.19%), Folate: 210.65µg (52.66%), Vitamin B3: 10.07mg (50.35%), Vitamin B5: 4.76mg (47.61%), Vitamin A: 2377IU (47.54%), Vitamin B1: 0.64mg (42.64%), Vitamin B6: 0.8mg (40.15%), Iron: 5.98mg (33.21%), Manganese: 0.65mg (32.58%), Potassium: 1014.39mg (28.98%), Vitamin K: 27.05µg

(25.76%), Fiber: 6.01g (24.03%), Vitamin E: 3.59mg (23.91%), Magnesium: 91.77mg (22.94%), Copper: 0.28mg (13.93%), Vitamin D: 1.58µg (10.54%), Vitamin C: 5.61mg (6.8%)