



Cornish Beef and Vegetable Turnovers

READY IN



45 min.

SERVINGS



6

CALORIES



659 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 carrots coarsely chopped
- ☐ 1 large eggs lightly beaten for brushing pastry
- ☐ 1 large egg yolk
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 2 garlic cloves finely chopped
- ☐ 0.3 cup ice water
- ☐ 1.5 teaspoons kosher salt
- ☐ 12 oz mushrooms thinly sliced

- ☐ 1 medium onion finely chopped
- ☐ 1 large baking potatoes (baking)
- ☐ 0.8 teaspoon salt
- ☐ 1.5 lb skirt steak cut into 1/2-inch cubes
- ☐ 2.5 cups unbleached flour all-purpose
- ☐ 0.5 cup butter unsalted cold cut into bits
- ☐ 3 tablespoons vegetable oil

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ plastic wrap
- ☐ wax paper

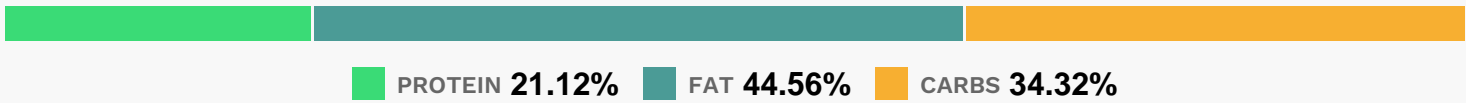
Directions

- ☐ Blend together flour, salt, and butter in a bowl with your fingertips or a pastry blender (or pulse in a food processor) until mixture resembles coarse meal with some roughly pea-size lumps.
- ☐ Beat together yolk and 1/3 cup ice water, then drizzle over flour mixture and gently stir with a fork (or pulse in processor) until incorporated.
- ☐ Gently squeeze a small handful of dough: If it doesn't hold together, add more ice water, 1/2 tablespoon at a time, stirring (or pulsing) after each addition until just incorporated, continuing to test. (If you overwork dough or add too much water, pastry will be tough.)
- ☐ Turn dough out onto a lightly floured work surface and divide into 6 portions. With floured heel of your hand, smear each portion once in a forward motion to help distribute fat. Form

each portion into a disk, rotating on work surface. Wrap disks separately in wax paper or plastic wrap and chill until firm, at least 1 hour and up to

- ☐ Heat 1 tablespoon oil in a large heavy skillet over moderately high heat until hot but not smoking, then sauté mushrooms, stirring, until browned and dry, about 6 minutes.
- ☐ Transfer to a large bowl.
- ☐ Add remaining 2 tablespoons oil to skillet and cook onion and garlic over moderate heat, stirring, until softened, about 5 minutes.
- ☐ Add onion to mushrooms. Peel potato and cut into 1/2-inch cubes, then add to mushroom mixture with steak, carrots, parsley, salt, and pepper, tossing well. Cool completely.
- ☐ Roll out 1 piece of dough on lightly floured surface into a 9-inch round (keep remaining pieces covered). Mound 1 cup filling on round, slightly off center.
- ☐ Brush a 1/2-inch border on dough with water and fold dough over to form a half-moon. Trim edge with a fluted pastry wheel or a knife, then crimp to seal.
- ☐ Cut 3 small steam vents in top crust with a sharp knife and put pasty on 1 of 2 buttered large baking sheets. Make more pasties with remaining dough and filling, then chill 30 minutes, loosely covered.
- ☐ Preheat oven to 350°F.
- ☐ Brush pasties with egg and bake in upper and lower thirds of oven, switching position and rotating sheets halfway through baking, until golden, about 40 minutes total. Cool slightly before serving.

Nutrition Facts



Properties

Glycemic Index:59.93, Glycemic Load:39.06, Inflammation Score:-10, Nutrition Score:33.403478435848%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 658.98kcal (32.95%), Fat: 32.93g (50.66%), Saturated Fat: 14.57g (91.03%), Carbohydrates: 57.06g (19.02%), Net Carbohydrates: 53.3g (19.38%), Sugar: 3.47g (3.85%), Cholesterol: 173.71mg (57.9%), Sodium: 985.49mg (42.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.13g (70.25%), Vitamin A: 4078.85IU (81.58%), Selenium: 52.72µg (75.32%), Vitamin B3: 12.46mg (62.28%), Zinc: 8.44mg (56.28%), Vitamin B2: 0.95mg (55.72%), Vitamin B6: 0.88mg (43.81%), Vitamin B12: 2.6µg (43.33%), Vitamin B1: 0.61mg (40.51%), Vitamin K: 41.75µg (39.76%), Phosphorus: 360.56mg (36.06%), Folate: 135.02µg (33.75%), Manganese: 0.67mg (33.61%), Iron: 5.68mg (31.53%), Potassium: 948.36mg (27.1%), Copper: 0.45mg (22.51%), Vitamin B5: 2.24mg (22.45%), Magnesium: 62.8mg (15.7%), Fiber: 3.76g (15.04%), Vitamin C: 9.34mg (11.32%), Vitamin E: 1.46mg (9.75%), Vitamin D: 0.83µg (5.53%), Calcium: 53.42mg (5.34%)