



**What do the get if you create a fusion between a classic Polish dish, a classic Cornish dish and a classic Anglicised Chinese dish? Pastrogi with special fried rice obviously! For those don?t have the same sort of mental health issues as us that is a crossed between a Pasty and a Pierogi!**

As far as we know this is a first ? ***An invention ? An innovation ? A monstrosity?***. Take you pick!

We didn?t really weigh the ingredients as such. For the pastry you are looking for a workably sticky dough consistency, add a little extra Gram flour if the dough feels too wet or a little extra milk if it feels too dry.

It?s also a while since we did an [?Ingredients Alphabet?](#) recipe. So this is ?D? for Dill.

### **Ingredients for the filling:-**

Pork mince  
Soy Sauce  
Salt & Pepper  
Dried Dill  
Chilli flakes  
Garlic Salt  
Onion Salt

### **Ingredients for the pastry:-**

1 Egg

Milk

Plain (Gluten free in our case) flour ( $\frac{3}{4}$  of the flour content)

Gram flour ( $\frac{1}{4}$  of the flour content)

Salt & Pepper

$\frac{1}{2}$  tsp Xanthum Gum

1 tsp Dried Dill

### **Method:-**

- (1) Mix the filling ingredients and set aside.
- (2) Mix the pastry ingredients and adjust the consistency so that you have a workable dough.
- (3) Roll the pastry on a floured surface and cut out circles about 6cm across.
- (4) add filling to each Pastrogi close to form a mini Pasty shaped parcel and use a little Milk to seal the join.
- (5) Shallow fry to brown all sides.
- (6) Place in a preheated oven at 180C for 20 minutes.

**We had a DIY special fried Rice with ours. But the Pastrogi would work equally well cold for a pack-up or cold tea.**