



Try staying that when you've had a drink of swevern!

Ingredients:-

Leftovers

A £1 pack of Gluten free Puff Pastry

An Egg, whiskered for an Egg wash

Method:-

- (1) Use a large bowl to cut circles in Pastry.
- (2) Ram as much filling in as you think you can get away with, then add more ? Pastry is kind of stretchy!
- (3) Fold over and stout at yourself for being greedy. Stretch the pastry to finally meet up at the sides
- (4) Preheat the oven to 180c.
- (5) Brush your Egg wash over the outsides of the pasty.
- (6) Pop in the oven on a parchment covered tray for 30 to 40 minutes until the pastry is browned. I washed from last night?.
- (7) Remove from the oven and cool on a cooling rack.

I'm going to freeze these for working fodder when I'm out. But they would be great just as they are hot with chips, peas, brown sauce (Tomato is also available). You know?.

Effectively from a few left over bits & bobs at a cost of £1.20 or so for the Pastry and an Egg, I've got three hearty lunches which in York would easily cost £4.95 each (The Cxxxxxx Bakery - I love the look of the pasties, but I can't justify paying anywhere near that cost,

even as a treat)