

PREPARATION FOR PRACTICAL

Hygiene – Aprons, Hair, Hands, Surfaces

Ingredients

150g short crust pastry
1 tbsp oil
1 garlic clove, crushed
½ medium onion, finely diced
½ medium carrot, coarsely grated
½ medium potato, coarsely grated
Or 50g onion, potato, carrot mix
1 tbsp sweet corn (optional)
½ tsp ground ginger
½ tsp cayenne pepper
½ tsp salt
¼ tsp chilli powder
100g Minced beef/ Quorn mince
25g red kidney beans (optional)

Equipment

- Brown Chopping board
- Mixing Bowl, Scrap bowl
- Frying pan, Small plate
- Tablespoon, Teaspoon, Fork
- slotted spatula, Rolling pin, Flour dredger
- Table knife



Jamaican Patties



Ingredients

150g short crust pastry
1 tbsp oil
1 garlic clove, crushed
½ medium onion, finely diced
½ medium carrot, coarsely grated
½ medium potato, coarsely grated
Or 50g onion, potato, carrot mix
1 tbsp sweet corn (optional)
½ tsp ground ginger
½ tsp cayenne pepper
½ tsp salt
¼ tsp chilli powder
100g Minced beef/ Quorn mince
25g red kidney beans (optional)

Method

Pre heat oven to 200C

Prepare vegetables / weigh and measure ingredients

1. Divide the dough into 2 equal pieces.
2. Sprinkle flour on worktop, roll out pastry to ½ cm thick and cut out 2 circles.
3. Put the oil in the frying pan and fry onion till soft – medium heat for at least 5 minutes
4. Add salt and spices
5. Add the mince if using, carrot and potato and fry for 10 minutes
6. Add 1-2 tbsp water to stop vegetables drying out and sticking, add sweetcorn/ kidney beans if using, stir and cook for 5 minutes.
7. Spoon half the filling into one side of each of the patties
8. Fold the other side over and seal around the edge with water then press edges down with a fork.
9. Neaten the edges with a knife if necessary
10. Place on a greased baking tray in oven for 25 minutes until golden

PREPARATION FOR PRACTICAL

Hygiene – Aprons, Hair, Hands, Surfaces

Ingredients

- 1 tbsp oil
- 1 garlic clove, crushed
- ½ medium onion, finely diced
- ½ medium carrot, coarsely grated
- ½ medium potato, coarsely grated
- Or 50g onion, potato, carrot mix
- 1 tbsp sweet corn (optional)
- ½ tsp ground ginger
- ½ tsp cayenne pepper
- ½ tsp salt
- ¼ tsp chilli powder
- 100g Minced beef/ Quorn mince
- 25g red kidney beans (optional)

Pastry Ingredients:

- 100g plain flour, sifted
- 50g butter
- ½ tsp turmeric
- Pinch of salt
- 3tbsp very cold water

Equipment

- Brown Chopping board
- Mixing Bowl, Scrap bowl
- Frying pan, Small plate
- Tablespoon, Teaspoon, Fork
- slotted spatula, Rolling pin, Flour dredger
- Weighing scales
- Measuring Jug



Jamaican Patties – Making Pastry



Method

Pre heat oven to 200C

Prepare vegetables / weigh and measure ingredients

1. Rub together the butter and flour with your fingertips until it looks like breadcrumbs.
2. Gradually bind with cold water using a table knife.
3. Mix to a ball of dough, handling the pastry as little as possible.
4. Divide the dough into 2 equal balls.
5. Sprinkle flour on worktop, roll out pastry to ½ cm thick and cut out 2 circles.
6. Heat the oil in the frying pan
7. Fry onion till soft – medium heat for at least 5 minutes
8. Add salt and spices
9. Add the mince if using, carrot and potato and fry for 10 minutes
10. Add 1-2 tbsp water to stop vegetables drying out and sticking, add sweetcorn/ kidney beans if using, stir and cook for 5 minutes.
11. Spoon half the filling into one side of each of the patties
12. Fold the other side over and seal around the edge with water then press edges down with a fork.
13. Neaten the edges with a knife if necessary
14. Place on a greased baking tray in oven for 25 minutes until golden

Ingredients for Filling

- 1 tbsp oil
- 1 garlic clove, crushed
- ½ medium onion, finely diced
- ½ medium carrot, coarsely grated
- ½ medium potato, coarsely grated
- Or 50g onion, potato, carrot mix
- 1 tbsp sweet corn (optional)
- ½ tsp ground ginger
- ½ tsp cayenne pepper
- ½ tsp salt
- ¼ tsp chilli powder
- 100g Minced beef/ Quorn mince
- 25g red kidney beans (optional)

Pastry Ingredients:

- 100g plain flour, sifted
- 50g butter
- ½ tsp turmeric
- Pinch of salt
- 3tbsp very cold water