

Moon Pasties

Season: Winter/Spring

Serves: 30 tastes or 6 serves at home

Fresh from the garden: carrot, onions, peas, potatoes, swede or turnip

EQUIPMENT

metric measuring spoons, cups and scales
clean tea towel
chopping board
cook's knife
vegetable peeler
large non-stick frying pan with lid
wooden spoon
rolling pin
teaspoon
baking trays
baking paper
pastry brush
wire cooling racks
tongs
serving platter

INGREDIENTS

1 quantity **Olive Oil Pastry** (400 g)
1 tbsp olive oil
1 onion, peeled and finely chopped into 1 cm cubes
440 g tin of lentils
1 large potato, chopped into 1 cm cubes
1 small carrot, chopped into 1 cm cubes
1 small turnip or swede, chopped into 1 cm cubes
2 handfuls of green pea pods, shelled
½ tsp salt
¼ tsp pepper
flour for dusting
¼ cup milk
2 tbsp sesame seeds

WHAT TO DO

- Make the **Olive Oil Pastry**.
- Preheat the oven to 180°C.
- Prepare the ingredients based on the instructions in the ingredients list.
- Heat the frying pan over medium–high heat. Add the olive oil, then the onion, and cook until translucent (about 3 minutes). Add the lentils, potato, carrot, swede or turnip, peas, salt and pepper, and stir well. Cook with the lid on over medium heat for 10 minutes, then set aside to cool.
- Sprinkle the working surface with flour and dust your hands. Set the pastry in the middle, and gently roll out into a large flat sheet, about 0.5 cm thick. Cut out 30 small circles. Gather the pastry bits left over, roll them out again and continue until all the pastry has been used.
- Place 1 tsp of the filling into the middle of the pastry circle. Seal and 'flute' the pasty by pressing together the edges all along the curved edge with your fingers. Make sure there are no gaps for the filling to leak from.
- Place the pasties on the baking trays covered with baking paper, and brush with milk. Cook in the oven for 20 minutes or until golden. Cool for 5 minutes before serving with **Tomato & Garlic Sauce**.

