

## Beef Pasties

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These pasties are great served hot but can be left to cool a while to take with you on a picnic.

Add any filling that your IBS allows.



### Ingredients

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- 300g of gluten free plain flour
- 1 tsp xanthan gum
- 1 tsp salt
- 50g butter
- 1 egg
- 1 extra egg for glazing and extra flour for rolling out the pastry
- 500g of beef skirt
- 100g of celeriac
- Fresh Thyme
- Salt and pepper

## Method

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Add the flour to a bowl and salt and pepper and xanthan gum - stir well into the flour.

Cut up the butter into cubes and rub into the flour, add the egg and extra water if required and bring the pastry together knead the pastry till smooth then chill.

Whilst the pastry is chilling chop the meat and celeriac into small cubes add the thyme break the second egg into a bowl and whisk.

Roll out the pastry in between cling film cut out disks about the size of a small plate.

Add a small amount of meat and celeriac and thyme to half the disk add salt and pepper.

Brush egg around the pastry edge on the half of the disc with filling bring over the other half of the disk to make the lid and crimp

Brush the top of the pastry with egg wash

Cook at 165°C or Gas mark 3 for 50-55 minutes