



Air Fryer Cornish Pasties

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Air Fryer Cornish Pasties

Ingredients:

Kitchen Gadgets:

- Air Fryer
- Pasty Maker

Cornish Pasty Ingredients:

- 200 grams of leftover Instant Pot Beef Stew
- 500 grams of Air Fryer Pie Crust
- Egg Wash
- 1 teaspoon of Mixed Herbs
- Salt & Pepper

Instructions

1. Prepare the leftover beef stew by draining excess liquid and seasoning with salt, pepper, and mixed herbs.
2. Roll out the pastry dough and use the bottom of the pasty maker to cut out circles. You may need to roll out the dough again to obtain three circles. Arrange the pasty circles on a floured work surface.
3. Once the pasty circles are ready, place them individually into the pasty cutter. Fill one half of each pasty with the prepared stew filling, ensuring not to overfill.
4. Press down firmly to create the distinctive pasty pattern. Repeat this process until all the pasties are assembled.
5. Line the air fryer basket with foil and brush the tops of the pasties with egg wash.
6. Air fry at 200°C/400°F for 8 minutes, then serve.

Notes;

Leftovers offer a fantastic opportunity to repurpose your beef stew and dumplings. Often, when we prepare stew, the dumplings vanish quickly, leading to friendly disputes over the last one. However, that remaining bit of stew can be transformed into delicious pasties.

Economical and traditional, classic Cornish beef pasties typically contain sirloin steak, onion, potato, and swede. You can make a more budget-friendly version by using braising beef instead and utilizing our Instant Pot stew and dumplings recipe. Enjoy stew and dumplings on Sunday, then relish Cornish pasties on Mondays.

As for quantity, our pastry recipe yields 3 pasties, but feel free to double it to make six or adjust according to your needs.

Nutrition:

- Energy: 860 calories
- Carbohydrates: 81 grams
- Protein: 25 grams
- Fat: 47 grams
 - Saturated Fat: 15 grams
 - Polyunsaturated Fat: 6 grams
 - Monounsaturated Fat: 22 grams
- Cholesterol: 41 milligrams
- Sodium: 719 milligrams
- Potassium: 396 milligrams
- Dietary Fiber: 4 grams
- Sugars: 1 gram
- Vitamin A: 2 IU
- Vitamin C: 1 milligram
- Calcium: 47 milligrams
- Iron: 6 milligrams