



Air Fryer Cornish Pasties

Description

Ingredients:

Kitchen Gadgets:

- Air Fryer
- Pasty Maker

Cornish Pasty Ingredients:

- 200 g Leftover Instant Pot Beef Stew
- 500 g Air Fryer Pie Crust
- Egg Wash
- 1 Tsp Mixed Herbs
- Salt & Pepper

Instructions

- Load leftover beef stew into a bowl, making sure it is drained of liquid and then season with salt, pepper, and mixed herbs.
- Roll out your pastry and then place the bottom of the pasty maker over it and cut out your circles. You might have to roll a second time to get three pasty circles. Then place the pasty circles on a clean floured worktop as you make them.
- Then once you are done making the pasty circles place one at a time into your pasty cutter. Load the stew filling into one half of the pasty, making sure you don't overfill it.
- Push down, making sure it leaves the beautiful pasty pattern. Rinse and repeat until you have

made all your pasties.

- Then place foil in the air fryer basket and cover the tops of the pasties with egg wash.
- Air fry for 8 minutes at 200c/400f before serving.

Notes

Leftovers. This is a great use out of your leftover beef stew and dumplings. Of course, when we make stew, the dumplings are always gone, and everyone argues over who gets the last one. But that little bit of stew can be made into pasties. **Cheap.** Classic Cornish beef pasties are made with sirloin steak, onion, potato, and swede. You can make it cheaper by making our instant pot stew and dumplings and then using braising beef instead. Plus, you can eat stew and dumplings on Sunday and then have Cornish pasties on Mondays.

Quantity. Our pastry that we use, makes 3 pasties. You can double this up to make six or make as little or as much as you want.

Nutrition:

Calories: 860kcal | Carbohydrates: 81g | Protein: 25g | Fat: 47g | Saturated Fat: 15g | Polyunsaturated Fat: 6g | Monounsaturated Fat: 22g | Cholesterol: 41mg | Sodium: 719mg | Potassium: 396mg | Fiber: 4g | Sugar: 1g | Vitamin A: 2IU | Vitamin C: 1mg | Calcium: 47mg | Iron: 6mg

Category

1. Air Fryer Recipes

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