

CORNISH PASTY RECIPE

Crust:

Sift 1-1/3 cups flour with 1/2 teaspoon salt.
Cut in 1/2 cup lard until the size of small peas.
Add approximately 1/3 cup cold water.
Mix with pastry blender until dough is well blended.
Divide into two equal parts.
Roll into two 9-inch circles.

Filling:

1/2 cup each cubed turnips, potatoes and carrots
1 medium onion, diced
2 tablespoons minced parsley (fresh or dried)
1 pound pasty meat or boneless beef, cubed
1/2 teaspoon salt
1/4 teaspoon pepper
1 tablespoon butter

Mix filling ingredients.
Divide equally onto rolled crusts. Top with butter.
Lift and fold top half of crust over filling.
Seal, folding and crimping into rope edge along top of pasty.
Make several 1/2-inch slits in each pasty.
Place on cookie sheet several inches apart.
Bake at 375 degrees for one hour. Serves two.

Popular toppings include a medium beef gravy, catsup, pickle relish or chutney.
Some people eat it plain while the crust is still warm and flaky.

The pasty is claimed by both the Cornish and Finns who migrated to the Upper Peninsula to work the underground iron mines after iron ore deposits were discovered there in 1844. The aromatic meat-pie-in-a-crust is pronounced to rhyme with "nasty." Pasties are now sold in restaurants, bakeries, and church suppers throughout Michigan and especially the Upper Peninsula.

Recipe provided by travel journalist Dixie Franklin of Marquette, Michigan.

This recipe is presented by the Michigan Historical Museum as part of its special exhibit *Michigan's Roadside Attractions*, appearing through September 14, 2009. The museum is located at 702 West Kalamazoo Street, two blocks west of the State Capitol in Lansing. Admission and weekend parking are free. For more information, telephone (517) 373-3559 [TDD, (517) 373-1592] or visit us on the web at www.michigan.gov/museum