



Meat Pasties

1 pound, finely chopped cooked meat
1 large, finely chopped onion
2 cloves, finely chopped garlic
2 cups bread crumbs
2 eggs, well-beaten
2 tablespoons mixed herbs
Salt and pepper
Coffin dough for two pies, or substitute recipe for pastry or pie dough
Oil or lard for frying
About 1 cup cornmeal

- Mix together meat onion, garlic, bread crumbs, eggs, herbs, salt, and pepper.
- Blend well. Mixture should be firm enough to mound.
- Roll out dough and cut into five-inch circles.
- Place about 2 tablespoons of the filling onto half of each dough circle.
- Fold the circle in half and seal the edges with a little water.
- Roll lightly in cornmeal and then fry in hot oil or lard until brown (turning over once).

Variations

- Use 1/2 pound of meat and 1/2 pound of cheese.
- Omit meat and use sautéed vegetables and cheese.
- Mash cooked sweet potatoes, butter, honey, and cinnamon for the filling.
- Make a sweet pastie using fruit or fruit preserves for the filling.

Modern Adaptation

- Use oil instead of lard for frying.
- May be baked at 350° for about 20 minutes.