

Kim's Jamaican Beef Patties

This recipe will make 2 patties

Ready-made pastry

1 tbsp vegetable oil

¼ red pepper

1 spring onion

100g good quality minced beef

A little squeeze of garlic paste

A little squeeze of chilli paste

Pinch of paprika /garam masala/salt/thyme

50ml beef stock

Small sprinkle of grated cheddar (optional)

1 egg for brushing the pastry with (eggwash)

¼ tsp curry powder /turmeric – for the egg wash

NOTE – It is usual for curry powder & turmeric

to be added to the pastry however, you can add it to

the eggwash and brush it on if using ready-made pastry



Method - filling

- Preheat the oven to 180C
- Dice the peppers & spring onions really small
- Heat the oil in a frying pan and fry the peppers/onions for a few minutes
- Add the minced beef, garlic, chilli, paprika, garam masala, salt
- Using 2 forks, break the mince up into small pieces and cook for a few minutes
- Add the dried thyme and beef stock. Let this cook for a few more minutes until the stock has been absorbed.

Method - pastry

- Place a spoonful in the middle of the pastry and If you are adding grated cheese now is the time to add a small handful.
- Use a clean finger to dab the edges of the pastry with water to help it stick together.
- Fold over, seal with a fork and brush with eggwash.
- Bake for 20mins or so until golden brown!