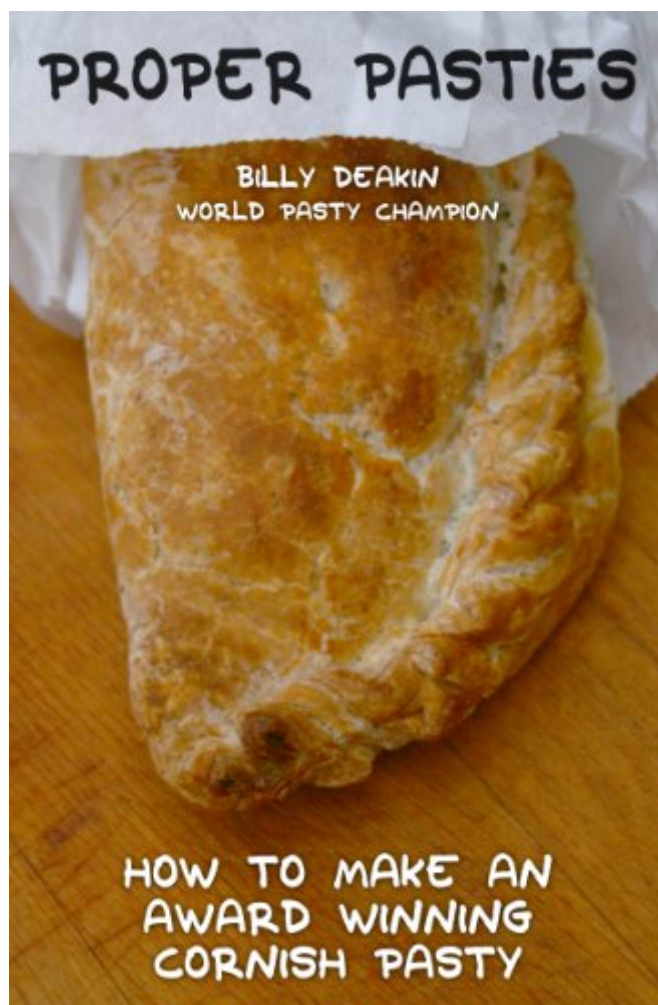


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# Proper Pasties: How To Make An Award Winning Cornish Pasty



## Synopsis

In 'Proper Pasties' Billy Deakin, 2 times World Pasty Champion, delves into the colourful history of the Cornish pasty and what it means to the Cornish people. From tin mining and pilchard driving in Cornwall, to the 2012 "pasty tax scandal" and beyond, the book discusses the pasty's history, and why it's so popular today, before sharing more than 20 pasty recipes including the award winning recipe Billy used to win his 2 World Pasty Champ titles. Inside you'll learn all about the pasty's rich history in Cornwall and beyond, everything you need to know about ingredients, how to get a perfect crust and a perfect crimp, a selection of different pastries (including a gluten free option) and a wide range of different fillings, tips and tricks to help your pasties turn out perfect every time, plus lots more... \*\* Updated 2nd edition, now includes both imperial and metric measurements for all recipes.

Table of Contents: Part 1 – "Proper Pasties" A Brief History of the Pasty The Pasty in Cornwall Today The Cornish Pasty Association Fifty Shades of Pasty (PGI Status) Pastygate! (The Pasty Tax Scandal) The World Pasty Championships Pasties Around The World Part 2 – "Pasty Making" Ingredients The Crimp An Award Winning Pasty Recipe Pasty Pie Pastry Options Other Pasty Recipes Steak and Blue Steak and Ale Chilli Beef Spiced Oxtail and Sweet Potato Lamb and Mint Pork and Sage Cheese and Bacon English Breakfast Chicken and Mushroom Chicken and Chorizo Roasted Mediterranean Vegetable Roasted Squash, Ricotta and Sage Mushroom and Blue Cheese Tricolore Cheese, Leek and Onion Cheese and Marmite 2 Course Pasties Apple Pasties Mince Pie Pasties

Appendices Top Pasty Shops in Cornwall Tips for Making a Proper Pasty Further Reading

From the author: There are a few things which are guaranteed to warm the heart of any Cornishman or Cornishwoman; the sight of a deep red sunset from the top of Carn Brea on a clear summer's evening, the sound of waves crashing on the rocks far below while walking along a cliff path in a wintery gale, a sea of black and gold wearing fans (Trelawny's army) supporting their team at a Twickenham final, and the smell of a proper pasty straight from the oven! In Proper Pasties I share my own passion for the humble Cornish pasty, and delve into its rich history and how that history is intertwined with Cornwall's great industries of mining, farming, and fishing. The book explores how the pasty has been taken all around the world (mostly by emigrating mining families) and inspired versions from Argentina to Australia, and looks at the pasty's importance for Cornwall's economy today. Finally, the second half of the book teaches you how to make the perfect pasty, sharing my own award winning recipes along with tips and tricks for getting them just right! Whether you're looking for recipes, tips to improve your pastry baking, or a trip into history, I hope you enjoy the book as much as I enjoyed writing it. - Billy Deakin

## Book Information

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Desserts

## Customer Reviews

While this was an enjoyable read with lots of history, and the author has a friendly and humorous style, I was a bit disappointed when it came to the actual recipe instructions. First, I would have liked to have been told more clearly up front that the book was written somewhere in the British Isles and so the references to some of the ingredients he used were to brands from over there. For instance, he is very particular about what kind of flour he uses and what kind to definitely avoid, but since there is no brand reference for the U.S. it would take a bit of research and maybe some trial and error to find the right stuff here. The author makes a point that the flour used is extremely important and that even when one uses the right kind of flour, it can behave or taste different between various brands. Alas, no help on which ones he found to be satisfactory. Same for the brand of shortening recommended. I don't recognize the brand. Also, it would have been nice to have both American and British measurements listed for the ingredients instead of just British--after all, it is being promoted in the U.S. too. One needs to convert grams to cups or ounces, and I have no idea how to translate "a knob of butter." I wanted the exact recipe he used to win the championship, not to have to guess ingredient amounts and wonder if my knob of butter is the same as the one he measures out. After sharing the recipe for the pasty that won him the Amateur Cornish Pasty World

Championship two times, he gives quite a few recipes for pasty variations including some that pay tribute to cuisines from around the world, dessert pasties, and also vegetarian and gluten free versions. Many of them look quite delicious.

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