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| **Vegetable Cornish Pasties** |  |

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"This recipe makes four generous pasties, enough for a very proper lunch. Prepared, whole wheat pastry dough is cut into squares and heaped with a hearty, cooked filling of onions, carrots, diced potatoes, turnips, mushrooms and Cheddar cheese. The pastries are folded into triangles, sealed and baked until golden brown."

**Ingredients:**

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| 1 recipe whole wheat pastry for a double  crust  1/4 cup butter  1 onion, thinly sliced  1 carrot, sliced thin  1 turnip, peeled and diced  1 large potato, peeled and diced  1/4 pound mushrooms, chopped | 2 tablespoons water  1 teaspoon yeast extract spread  1/4 cup milk  1 egg  1/4 pound shredded Cheddar cheese  salt and pepper to taste  1 egg, beaten |

**Directions:**

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| **1.** | Preheat oven to 400 degrees F (200 degrees C). |
| **2.** | Divide pastry dough into four equal portions and roll each one out in a square shape. Set pastry aside to rest. |
| **3.** | Place a large skillet over medium heat. Add butter or margarine and allow to melt. Add onion and saute for 5 minutes, until translucent and beginning to brown. Add carrot, turnip, potato, mushrooms, and water. Lower heat and cover skillet. Allow mixture to cook for 10 minutes, stirring occasionally. |
| **4.** | In a small bowl, dissolve yeast extract in milk. Whisk in 1 egg. Stir this mixture into cooked vegetables. Continue to stir until mixture thickens. Add cheese, and salt and pepper to taste. Set aside to cool. |
| **5.** | Place 1/4 of filling on one half of each pastry square. Fold pastry diagonally and seal edges. Brush tops of pastry with beaten egg. |
| **6.** | Place pasties on a baking sheet and bake in preheated oven for 30 minutes, until pastry is golden brown. |

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