



**GET TOGETHERS**  
Bringing people together through food

# Jamaica Patties

These spicy shortcrust pastries can be made with a variety of fillings – choose from 3 options based on meat or fish or vegetables.

Skill: ★★★ Cost: £££ Equipment: ★★★

## Store-wise:

Cover and keep in the fridge for up to 3 days  
Can be frozen before baking and kept for up to 3 months.  
Defrost in the fridge before use then bake as below.

## Portion-wise

Makes 6 patties.

## Equipment

- saucepan
- sharp knife
- chopping board
- saucepan
- wooden spoon
- mixing bowl
- teaspoon
- table knife
- tablespoon
- garlic crusher
- rolling pin
- 6"/15cm pastry cutter / saucer
- pastry brush (or use your fingers)
- fork
- baking tray

## Ingredients

### For the pastry

- 250g plain flour
- 1/2 teaspoon turmeric
- 125g butter or hard non-dairy fat
- 50ml cold water
- 1 egg, beaten

### For the filling

- 1 tablespoon olive oil or rapeseed oil
- 1 small onion, peeled and finely chopped
- 1 garlic clove, peeled and crushed
- 1-2 teaspoons curry powder
- 1 small sweet potato, peeled and finely chopped
- 1 green pepper, de-seeded and finely chopped
- 1 teaspoon hot pepper sauce
- 100g canned chopped tomatoes
- ground black pepper

### Added ingredients to vary fillings

- Meat-based: 100g diced left-over roast beef or lamb
- Fish-based: 100g canned tuna, drained
- Veg-based: 100g canned black beans, drained

**Allergy-aware**  
Gluten (flour)  
Milk (butter)  
Egg  
Fish (tuna if used)

## How to make it

1. To make the basic filling fry the onion and garlic in the oil until soft. Add all the other ingredients and cook until the vegetables have softened and the sauce is reduced down.
2. Mix in the extra filling ingredient – meat/fish/black beans. Take off the heat and allow the filling to cool completely.

3. Heat the oven to 190°C/Gas 5.
4. Place the flour and turmeric in the mixing bowl. Add the butter to the flour and cut it into small pieces with a table knife. Rub the butter into the flour until the mixture looks like breadcrumbs. Add enough cold water to make a stiff dough – the usual amount is 1 teaspoon water for every 25g flour, so 10 teaspoons. Knead very lightly until the pastry is smooth, then refrigerate for 15 minutes before rolling it out.
5. Roll out the pastry to a large circle about 5mm in thickness and either cut out 6 circles with a pastry cutter or cut around a saucer with a knife. Trimmings can be gently formed back into a dough and re-rolled.
6. Put the circles on a lightly greased baking tray. Brush the edge of each with the beaten egg. Place a small amount of filling in the centre of each pastry circle. Fold each circle in half and press the edges together to seal. Use the prongs of a fork to crimp the edges.
7. Brush the surface of each with beaten egg to glaze.
8. Bake in the oven for 15 – 20 minutes until golden-brown.

## Serving ideas

- Eat hot or cold with salad for a main meal
- Typical portion size for 1 to 4 years: 100g (30g wrap, 70g filling) served with 40g of mixed salad or a selection of seasonal vegetables

## Eat well

- These patties make a versatile meal option for all the family and can be filled with a variety of nutritious food combinations to suit a variety of tastes and requirements. It's a useful main meal finger food for eating at a picnic or at social gatherings.

## Shopping

- Ready-made pastry is available in supermarkets, but it costs more than making your own and may contain extra additives.
- Use whatever spices you have in the store cupboard rather than buying more

## Cooking Together

- Shortcrust pastry is quite tricky to handle as it crumbles and tears very easily. Let very young children roll out the trimmings to begin to develop their skills
- Older people will probably have experience of pastry making – great skills to share with younger generations.

- Get a production-line going to roll out, fill and crimp the patties for big events or family gatherings.
- Spices can be switched around to suit different cultural tastes

## Sustainability – good for you, good for the planet

- This is a good recipe for using up leftovers and reducing food waste
- Vary the vegetables to suit what's in season and available locally