

Betty's Broccoli Pasty

Ingredients

- 2 heads of Broccoli cut into flowerettes, stalks peeled and sliced thinly.
- 1 large onion, diced
- garlic
- 3 bacon rashers, diced
- Chilli flakes
- Approx. 4 cups of Self-Raising Flour (or plain flour if a thin dough is required)
- Salt and pepper to taste
- Water
- Olive Oil

Method

1. Boil a pot of salted water. Add broccoli and cook till fairly soft. Drain and mash in a large bowl.
2. Fry in a pan, olive oil, diced onion and garlic. Add chilli flakes, salt and pepper. Mixture needs to be fairly oily.
3. Mix the mashed broccoli with the onion mixture and allow to cool.
4. Place flour, salt, cracked pepper in a bowl. Mix well then make a well in the mixture. Add water to make a dough, then knead.
5. Roll out the dough onto a floured surface. Makes one large or two small.
6. Place broccoli on one side of the dough, brush water around the edge of the dough then fold over to make the pasty.
7. Rub with olive oil and bake in a fairly hot oven till the dough is cooked. Serve hot or cold.