

Sweet or Savoury Plait



Ingredients for the pastry

200gms plain flour
75 gms block margarine
75 gms lard
8 tbsps cold water
1 tbspn lemon juice

For the filling

Savoury Plait

You can use either
Can of chicken in sauce – you can add fresh herbs and vegetables to this

OR

400gms sausage meat

To this you can add any of the following:

Tomato puree; sliced mushrooms, grated apple, chopped onion and any number of herbs or spices.

Sweet Plait

Either 1 can of fruit pie filling

OR

4tbspn jam

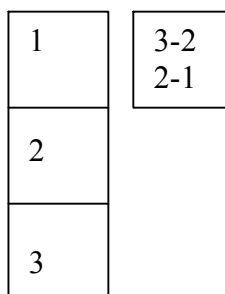
1 can peaches or apricots

Oven temp Gas 7 Electric 220C

Method

To make the pastry:

1. Sieve the flour into a large bowl
2. Chop up margarine and lard into small pieces and drop into the flour DO NOT MIX at this stage.
3. Mix together lemon juice and cold water and add to the flour mixture.
4. Use a palette knie to bring the mixture together.
5. It should be a soft slightly sticky dough.
6. Turn dough onto a lightly floured table and shape into a rectangle.
7. Roll the pastry until it is 3 times as long as it is wide and fold as in diagram below.



You should end up with a smaller rectangle.

Use your rolling pin to press down the edges.

8. Turn pastry $\frac{1}{4}$ turn away from you and repeat folding and rolling twice more. ut pastry into fridge to relax.
9. Put a piece of greaseproof paper onto a tray.
10. Prepare filling
11. Roll out pastry until it is about A4 Siz4. Put on tray.
12. Put the filling up the centre and cut sides as shown below. Wet edges and fold over the centre.
13. Brush with egg glaze and cook for 25-30 mins or until golden brown.

