

(vegan) Cornish Pasty Cheese & Onion Style



A vegan version of the famous Cornish Pasty in “cheese” & onion style.

It just cries out for a wonderful Sunday picnic brunch on the beach of the English coast, doesn't it?

A light lunch, picnic, packed lunch, brunch – Cornish pasty are very versatile.

The recipe will give you 4 large pasties.

Ingredients

Short Crust

500 g strong bread flour
1 teaspoon salt
200 g vegan butter (cold)
100 ml cold water

Filling

2 tablespoons olive oil
4 large onions, very thinly sliced.
1 tablespoon sugar
Herb salt
Black pepper
200 g Tofu, drained
1 tablespoon dried Thyme and Oregano
4 tablespoons nutritional yeast
1 teaspoon wholegrain mustard
2 Garlic cloves
Cayenne pepper

2 tablespoons plant-based milk

Instructions

- Combine flour, salt, the vegan butter in cubes and the cold water in a large bowl, knead it well and form a ball which you wrap in cling foil and let it cool down in the fridge for at least 30 mins
- Peel the onions and slice them as thinly as you can. Fry them in a pan with 2 tablespoons of olive oil together with the sugar and the herb salt for approx. 20 minutes with medium heat, until they are nicely soft and light brown. Stir them regularly. Add Thyme and Oregano.
- Drain the tofu by pressing it in a sieve. In a blender add the drained tofu, garlic cloves, mustard, nutritional yeast, cayenne pepper, herb salt and black pepper, and blend it to a smooth paste.
- Add the paste to the onions, mix well.
- Quarter the dough and roll out four circles.
- In the middle of each circle add a quarter of the filling.
- Close the pasties and seal the ends by rolling them up. Place them on a baking tray with baking paper. Cut a slit in each pasty with a sharp knife (for the steam).
- Brush some plant-based milk on top of each pasty.
- Bake the pasties at 160 C fan oven (180 C non fan) until slight brown (approx. 25 mins)
- Let them cool down for at least 20 mins. Can be enjoyed warm or cold.