

KEY INGREDIENTS

America by Food

Gila County Historical Society Museum, Globe

HOST OF KEY INGREDIENTS: *America by Food*
January 29 through March 13, 2011

CORNISH PASTIES

Courtesy of Doreen Fairfield of St. Paul's United Methodist Church, Globe, as adapted from their 125th anniversary cookbook from 2002.



Pastry

13 cups flour
4 teaspoons salt
3-1/2 cups shortening
7 cups very cold water (approximate)

Filling

8-1/2 cups diced potatoes
3-1/2 cups chopped onion
Salt & pepper
7 cups diced, trimmed lean beef
1/4 pound margarine
3/4 cup evaporated milk
Add if desired: carrots, turnips, rutabagas

Pastry

Mix the flour and salt in a very large bowl. Cut in the shortening until very well blended. Make a well in the center of the flour mixture, pour in 2 cups of water, and mix until no more flour will be absorbed. Remove the ball of dough and knead until smooth, then set aside. Repeat this process until all the flour mixture has been kneaded into balls.

Assembly

Roll out 1/12 of the dough into a 9-inch round, 1/4 to 3/8 inch thick (slightly thicker than pie crust). Moisten the edges with water. Heap one rounded cup of potato/onion mixture on the dough, closer to the upper half than the center. Salt and pepper to taste. Spread 2/3 cup beef evenly over potatoes and onions. Distribute 1/2 tablespoon of margarine evenly over filling. Bring dough over the filling from 2 sides and flute the edges together until completely sealed. Pierce the top. Place pasties on greased cookie sheets and coat with canned milk. Bake at 350° for 1 hour. Serves 12.

The History of Cornish Pasties in Globe, Arizona

In the late 1800s, miners from Cornwall, England, migrated to the United States, some making their way to the copper mines of Globe. They brought with them a traditional dish, the "pasty" (rhymes with "nasty"), which the Cornish wife would prepare and carry to the mine in a round "pasty bucket," with a lower reservoir that held hot water or coffee to keep the food warm until lunchtime.

Over time, the pasty became a favorite dish among the residents of Globe and are still enjoyed in the area.