

Eddie's Quick Bake Pasties

Cabbage burgers also called "Pasties" are a Sigel Family favorite. Eddie likes to take these with him in his pocket when he heads out on a horse to check cows or to fix fence because they stay warm, and he can eat them on the go! This recipe is designed for a large batch of these bad-boys to freeze ahead-of time, so all you have to do is pop them into the oven for an easy meal with your favorite dipping sauce.



Ingredients: (Makes 12 servings)

Pastry:

- 7 ½ cups all-purpose flour, sifted
- 4 ½ teaspoons salt
- 3 c lard or tallow
- 3 c cold water

Filling:

- 3 lbs ground beef
- 6 potatoes, peeled and cubed
- 3 onion, chopped
- 1 tsp salt

- 1 tsp pepper
- 12 tablespoons butter
- 1 rutabaga or 1/2 cabbage cubed
- 3 carrots, diced

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- In a large bowl, combine flour and salt
- Cut in lard/tallow until mixture resembles coarse crumbs
- Stir in water until mixture forms a ball
- Shape into a large ball, wrap in damp towel and refrigerate
- Preheat oven to 350 degrees F– (if you plan to bake any tonight)
- Line a baking sheet with parchment paper
- In a large bowl, combine beef, potatoes, onion, rutabaga/cabbage and carrots to create the filling
- Season the filling with about 1 tsp of salt and pepper
- Sear lightly in a skillet until mixture just starts to brown– about 10 mins
- Divide dough into six pieces and shape into balls
- On a lightly floured surface, roll each ball into a 6 inch round
- Place approximately 1 cup filling on one half of each
- Dot each with 1 tablespoon butter and draw the other half of the pastry over the filling, then crimp edges to seal in filling
- Prick with a fork and place on prepared baking sheet to bake now, or in a container for the freezer, to bake later
- When you are ready to make Pasties to eat, bake at 350 degrees F for 1 hour