

Jamaican Beef Patties

Filling Ingredients:

1 ½ pounds ground beef
¼ Cup water
1 teaspoon salt
½ teaspoon ground black pepper
1 teaspoon ground allspice
1 teaspoon curry powder
1 small onion, chopped
2 teaspoon garlic, minced
1 Tablespoon fresh thyme or 2 teaspoons powdered
3 Tablespoons Ketchup
1 Tablespoon steak sauce
½ teaspoon Worcestershire sauce
1 Tablespoon hot pepper sauce
2 Cups water
1 Tablespoons bread crumbs or Panko crumbs
salt and pepper to taste

Instructions:

In a large heated frying pan add ground beef, water, salt, pepper, all-spice and curry powder. Cook until the meat is browned and the water is absorbed. Drain away the excess oil. Add onions and cook until translucent. Add the garlic and thyme, cook for three minutes. Add ketchup, steak sauce, worcestershire, and hot sauce. Pour in the water, bring mixture to a boil, reduce heat and simmer until most of the liquid has evaporated and the liquid resembles a thick gravy. Stir in bread crumbs, season to taste. Remove from heat and allow to cool completely.

Pastry Dough:

4 Cups all-purpose flour
1 teaspoon salt
1 teaspoon curry powder
1 ⅓ Cup vegetable shortening
1 Cup ice cold water

Combine flour, salt, and curry powder

Cut in vegetable shortening, until it is the size of small peas

Add ice water slowly, stirring the mixture until it forms into a mass of dough. Form into a ball.

Place on a floured surface and gently roll into a log and slice into about 20 equal and individual pieces. Cover the dough to prevent them from drying out.

Roll out each piece of dough until it is approximately a 5 inch circle. You can use a bowl or lid of something to cut out a nice smooth, round circle.

Place approximately 2 Tablespoons of the filling on one side of the circle.

Brush a little water around the edges of the pastry to moisten.

Fold over the pastry and seal using a fork.

Place the patty on a parchment paper lined baking sheet.

Brush uncooked patties with egg wash.

When ready to bake preheat oven to 350 degrees. Bake patties for 30-40 minutes until golden brown.

Cool on wire racks.

Serve warm.