

RECIPE

JAMAICAN PATTIES

RECIPE NAME

INGREDIENTS - PASTRY

- 4 cup all-purpose flour
- 2 tsp salt
- 1 tsp sugar
- 2 tbsp curry powder
- 1/2 cup cold shortening
- 1 cup ice cold unsalted butter, cubed
- ~3 cups water

**See following page for filling list and procedure.*



PROCEDURE - PASTRY

1. In a large bowl, add the flour, curry and salt and sugar and mix.
2. Using a pastry blender or fork, cut in the cold butter and shortening. Keep blending in the butter it resembles the size of small peas.
3. Add the water and stir until flour turns into a ball. Form a ball of dough using your hands. The dough should be sticky but not too sticky.
4. Place the dough into a large bowl and dust lightly with flour. Cover with plastic wrap and place in the refrigerator for about 20 minutes.

NUMBER OF SERVINGS

8

TIME NEEDED

1.5
HOURS

ADAPTED FROM

AFRICAN BITES;
DOMESTIC
GOTHESS; WHISK IT
REAL GUD

TIPS AND TRICKS

- This recipe is best **divided and conquered** - split into groups to work on the pastry and the filling simultaneously to maximize time!
- If you want participants to have the chance to be involved making both the pastry and filling, you can opt to send patties home with participants to **freeze and bake at a later time.** This leaves more kitchen time to spend on the other steps!

DID YOU KNOW?

- Toronto is known for our patties - the city has been called "North America's Jamaican patty capital."
- Toronto loves Jamaican patties so much that we have an unofficial "Jamaican Patty Day" on February 23rd. The first one was celebrated in 1985.

RECIPE

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INGREDIENTS - FILLING

- 1 tbsp oil
- 1 onion, chopped
- 1 large sweet potato, diced
- 1 large carrot, diced
- Small butternut squash, peeled and diced
- 1 cup shredded cabbage
- 2 medium tomatoes, diced
- 1/2 cup frozen peas
- 1/2 cup frozen corn
- 1/2 cup frozen or canned broad beans
- 3 cloves garlic, crushed
- 1 scotch bonnet, seeded and minced
- 3 scallions, sliced
- 3/4 cup full-fat coconut milk

Spices

- 1/2 tsp ground allspice
- 1/2 tsp ground ginger
- 1/8 tsp ground cinnamon
- 1 tsp ground cumin
- 1 tsp paprika
- 1/2 tsp turmeric
- 1/2 tsp dried thyme
- 1 tsp salt
- 1/8 tsp pepper



TO MAKE THE FILLING

1. To make the filling, heat oil in a pan on medium-low.
2. Add the onion and cook for about 10 minutes, stirring often, until it is soft.
3. Add the sweet potato, carrot, butternut squash, cabbage, tomatoes, peas, sweetcorn and broad beans and cook for another 10 minutes, stirring often, until the vegetables have started to soften.
4. Add the garlic, scotch bonnet, spring onions, allspice, ginger, cinnamon, cumin, paprika, turmeric, thyme, salt and white pepper and cook for another minute.
5. Add the coconut milk and simmer for 5-10 minutes until the vegetables are tender and the liquid has reduced.
6. Allow to cool for 30 minutes.

TO ASSEMBLE

1. Preheat oven to 400F.
2. Divide the ball of pastry into 8 even pieces and roll each one into a ball.
3. Roll each ball out into a circle about 3mm thick. Use a 6-inch round plate to cut a neat circle.
4. Place a couple of heaped spoonfuls of the filling on one side of the circle, not too much or you won't be able to seal it.
5. Brush a little water around the rim of the pastry and fold it over the filling. Seal together edges using a fork. Cut a little slit in the top of the patty for steam to escape.
6. Bake for 25-30 minutes.