
RECIPE OF THE WEEK

Welsh Oggie's

A Welsh Oggie is a plate sized Cornish pasty which hails from the valleys of south Wales - no doubt heritage of the *Host of Rebecca* who moved from Cornwall as the tin ran out. What distinguishes a Welsh Oggie from a pasty is the use of butter or puff pastry with leeks instead of potato and quite commonly, lamb or pork and leek sausages.

Oggie's were traditionally made for miners to eat on shift down the pit which accounts for the thicker pastry than it's Cornish cousin. Being



deeper and dirty with coal dust an oggie had to be more industrial strength. If you've heard Max Boyce, the chant "Oggie, oggie, oggie" comes from the tradition of tossing over the shoulder the grubby end - since a miner's hands were black with dust - supposedly to ward off the Devil. Your workmates being pelted with black

crust replied, "Oi!, Oi!, Oi!"

To make two plate sized oggies;

For the pastry -

170g plain flour

42g pork or beef dripping

42g Shirgar or other salted butter

just enough cold water to mix

1 beaten egg to seal and glaze

For the filling;

4 Squisito Welsh Leek sausages, crumbled

1 large or 2 small carrots finely chopped -

alternatively sweet potato or yams (my Tiger Bay version) or both

butter to sauté

Trapani sea salt and freshly ground white pepper to taste

To make the pastry, rub together the ingredients and season with a little salt if necessary since shirgar is quite salty. Use just enough water to bind the roll onto a ball and refrigerate whilst

making the filling. If using ready-to-roll puff pastry get it out of the pack and lay flat in the warmest part of the kitchen.

Next chop and parboil the carrots, extra leek if you like chunky, and then crumble in the sausagemeat. Sauté with the lid on to trap the flavours. If you want sweeter and a bit more spicy use sweet potato and season with a bit of jerk seasoning or Alex's Hot Rub. Next roll out your pastry on a floured bench to a little larger than a dinner plate and cut round a plate laid over. Pop a good dollop of filling to one half leaving one inch clear and brush the outer edge with egg then fold over the other side to make a pocket. Crimp the edges then brush with beaten egg

and pop in the oven at 200°C on a preheated baking sheet and bake until nicely browned.

Eat hot or cold. Note: The cold version is probably better with pork sausages than lamb and you can make Oggie's with leftover Miner's Pork Chop from my 'Miner's Pork Chop' recipe.

To download this recipe go to www.squisito-deli.co.uk
