



Slow Food[®]

Herefordshire

Le petit pâté de Pézenas



The size and shape of a large cotton reel, these little pies are a golden brown, crispy pastry with a moist, sweet inside. They can be eaten as an hors d'oeuvre, with a salad or as a dessert. They are cooked in patisseries all over the town, but their origin is far from local. Tradition has it that Lord Clive brought the recipe from India and taught it to the pastry makers of Pézenas when he was staying at the Chateau de Larzac in 1768. It is more likely is that his servants were responsible. The recipe is:

Ingredients

200g lean roast mutton
100g sheep suet
75g lard
250g flour
5 soup spoons of brown and white sugar
lemon peel
salt and pepper

Method

1. Mince the mutton, fat, sugar, lemon peel, salt and pepper.
2. Mix together the lard, flour, a pinch of salt and a little water.
3. Knead to a smooth dough, roll out and make small cylindrical pots.
4. Fill with the stuffing.
5. Leave to rest for 24 hours.
6. Cook in a hot oven for 35-40 minutes.
7. Serve warm

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