

Jamaican Patties

Sweet potatoes are highly nutritious containing fibre, vitamins and minerals. Sweet potatoes contain Vitamin A which helps your immune system to work properly.

Follow the instructions overleaf or see our chefs make this dish in our recipe video.

Open your QR code reader on your smartphone.
Hold the device over the code and click to watch.



Take & Make Boxes are assembled in a facility that also handles celery, gluten, eggs, lupin, milk, mustard, peanuts, sesame, soybeans, sulphur dioxide, sulphites and tree nuts. Therefore, this product may contain trace allergens that have not otherwise been declared.

Equipment you will need:

Chopping board
Sharp knife
Measuring spoons
Frying pan
Mixing bowl
Measuring jug
Spatula
Fork

You may also need scissors to open our sachets

Ingredients (allergens highlighted in bold):

For the filling:

1 small onion
1 small sweet potato
1 tbsp oil
0.5 tsp ground allspice
240g gungo peas
4 tbsp tinned sweetcorn

For the pastry:

300g plain flour
1.5 tsp turmeric
1.5 tsp curry powder (contains mustard)
2 tbsp oil
About 120ml water

To cook:

1 tbsp oil

Helpful tip: 1 tablespoon = 3 teaspoons or 15ml

Find other recipes at: mayorsfundforlondon.org.uk/kitchen-social/take-and-make
Share your feedback in our survey: www.surveymonkey.co.uk/r/TakeandMake



Instructions:

Make the filling

1. Peel and finely slice the onion, then peel and cut the sweet potato into 0.5 – 1cm cubes.
2. Heat 1 tbsp oil in a frying pan. Fry the onions and sweet potato for around 7 – 8 minutes until the onion is translucent and the sweet potato is starting to soften.
3. Add the allspice, drained gungo peas and sweetcorn to the pan. Cook for around 5 more minutes or until the potato is completely cooked - check with a fork that it is soft. You may need to add a splash of water to the pan if it starts to get too dry before the mix is cooked. Put the mix to one side whilst you make the pastry.

Make the pastry

1. In a large mixing bowl combine the flour, turmeric and curry powder. Stir with a fork to ensure the spices are completely blended with the flour.
2. Add the oil to the flour mixture and pour in around 100ml of water. Holding the bowl with one hand, use your other hand to mix the dough together. If there are crumbs at the bottom of the bowl add a little more water until the dough leaves the sides of the bowl clean but isn't too sticky.

Remember to measure or check the weights of your ingredients. We may have included more than you need.

Fill the patties

1. Divide the dough into 4 or 8 evenly sized balls.
2. On a floured worksurface, roll or push the dough into circles about the thickness of a 50 pence piece.
3. Place spoonfuls of filling on the bottom half of each circle leaving a small edge.
4. Lightly wet your finger and dampen the bottom edge.
5. Fold the top half of the pastry circle over the filling and press gently to seal the patties together.

Cook the patties

1. Heat the oil in a frying pan over a medium heat.
2. Gently fry the patties on one side for around 3 – 4 minutes until golden brown, turn over using a spatula and cook for a further 3 – 4 minutes.

Enjoy!

Top tip

Do not overcrowd the pan – cooking in batches will help the pastry to crisp rather than steam if the pan is too full.



Green energy has helped us produce food for centuries. Windmills were used as far back as 200 BC to pump water and grind grain.