**Sweet Potato Pasties**

**Makes 12 pasties**

**Ingredients:**

6 large sweet potatoes

4 red onions finely chopped

2 garlic cloves crushed

Salt and cracked black pepper

**Method:**

* Prick the skins of the potatoes and rub with olive oil
* Bake at 180° for 60 minutes or until soft (This can be done the day before)
* Peel skin off and mash
* Fry the red onions in a little oil over low heat until soft
* Add in the garlic and cook through
* Mix into the potato and season
* Roll out the short pastry big enough for the pasty crimps
* Use crimps to create pasty
* Glaze with egg wash
* Bake on a greased and floured baking tray at 160°C for 20-25 minutes or until golden brown