

Bedfordshire Clanger



A Bedfordshire Clanger is a long, thin suet pastry based dish with a sweet and a savoury end. It was traditionally cooked by boiling rather than baking, which is the modern approach to this traditional farm labourer's meal. This recipe is for a pork and apple combination but many versions are now sold with many different filling combinations.



Preparation Time: 30 minutes

Cooking Time: 55 minutes

Ingredients

450g pre-made suet pastry

1 egg, beaten

For the savoury filling:

1 small onion, chopped

1 tbsp lard

225g minced pork

1 tsp dried sage

1 cooking apples

50g cooked peas

salt and fresh ground black pepper

For the sweet filling:

2 dessert apples

50g Dates, stoned and chopped

grated rind of 1 orange

55g sultanas

2 tbsp caster sugar

Method

1. Preheat the oven to 220°C/gas 7.
2. For the savoury filling, place the chopped onion and lard in a frying pan over a medium heat for 2-3 minutes, until the onion is soft and golden.
3. Stir in the pork and sage and cook gently for 5 minutes, stirring often.
4. Peel, core and chop the apple and add it to the pork mixture. Cook for a further 5 minutes, then stir in the peas, season and leave to cool.
5. To make the sweet filling, peel and chop the apples, then place in a mixing bowl and stir in the chopped dates, orange rind, sultanas and sugar.
6. Roll out the pastry to about 5mm thick and cut out two circles, 25cm in diameter.
7. Re-roll the trimmings and cut out two thick 12½ x 1cm strips of pastry. Brush the long edges of each strip with a little beaten egg, and stand one strip, on its long side, from the edge to the centre of each circle, to form a wall. Make the strip stand up by pressing the bottom edge quite firmly onto the circle. Brush the edges of the circles all the way around with beaten egg.
8. On one side of each pastry wall put half of the savoury filling, and on the other side put half of the sweet filling.
9. Fold the other half of each pastry circle over the filling to form a pasty shape, and press the centre lightly so that the dividing strip sticks to the top.
10. Pinch the edges firmly together. Brush each clanger with the rest of the egg. Score the clanger with two lines to denote the sweet end.
11. Bake in the preheated oven for 15 minutes, and then lower the heat to 190°C/gas 5 and bake for a further 25 minutes. Serve hot.