



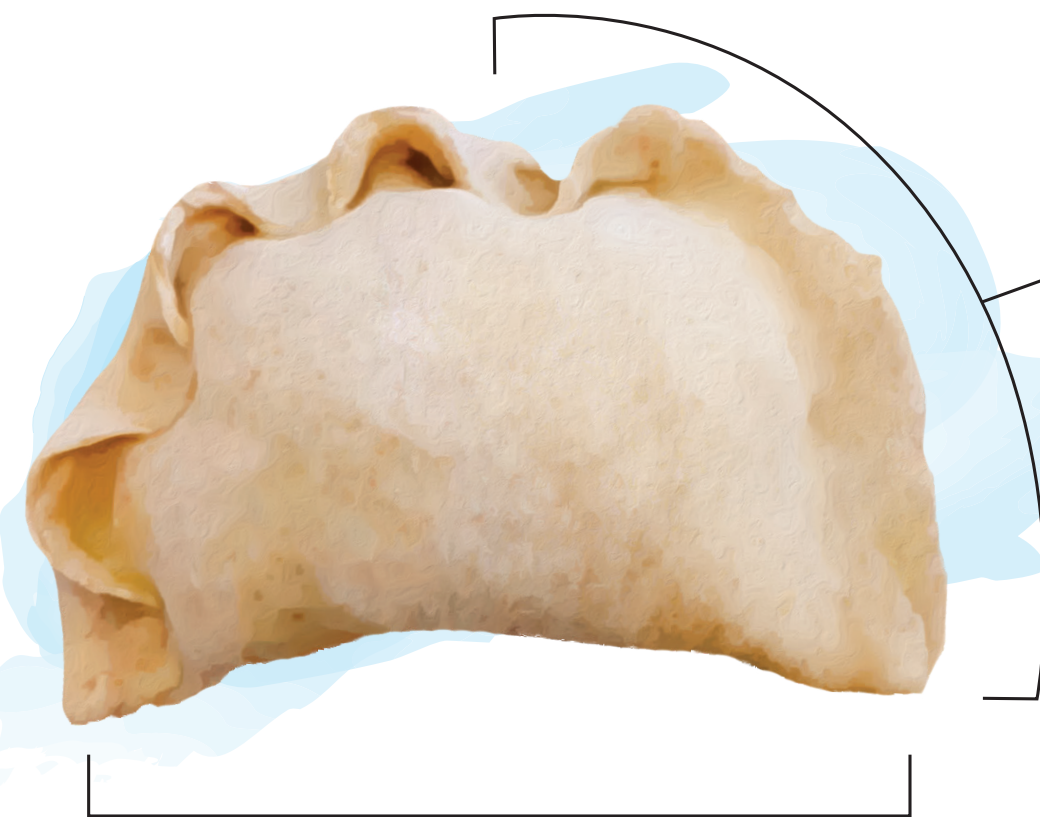
# what is a PEI PASTY?

Pronounced PASS-TEE, the PEI Pasty is a handpie made from locally sourced ingredients, a modern classic based on the traditional 'Cornish Pasty' from Cornwall, UK.



## Hand Crimped

The ingredients don't just stay in there themselves. Each handpie is hand-crimped to ensure a perfect seal when baking.



## Pastry

The pastry is made from a flour mix that features locally grown organic Red Fife wheat. Combining that with 100% island butter from ADL makes the perfect crust for PEI Handpies.

## Inside

### Island Beef

You can't get any better than local island beef, and we only use the best. We are committed to using 100% Island Beef in the PEI Pasty, with gravy to capture the moist and delicious flavour.

### Potatoes & Turnip

The wonderful PEI potato, alongside a helping of turnip, makes up the rest of the PEI Pasty's filling. It's the perfect balance to round out this re-invention of a traditional classic.

## History of the Cornish Pasty

The traditional Cornish pasty is filled with beef, sliced or diced potato, swede (also known as turnip) and onion, seasoned with salt and pepper, and then baked.

Today, the pasty is the food most associated with Cornwall, UK. It is regarded as the national dish and accounts for 6% of the Cornish food economy.

