

DASTO Pastry

Ingredients : Make 30 Servings

- 1½ cups Vitato (keledek), mashed
- 1½ cups whole meal flour
- 1 teaspoon salt
- 2 teaspoons baking powder
- ¼ cups coconut/palm oil
- 2 eggs

Method

1. Preheat oven, 400°F
2. Bake Vitato (keledek) , 40 – 60 mins.
3. Prick Vitato when ½ cooked to prevent bursting.
4. When cool, scoop out flesh and mash.
5. Chill
6. Sift together flour, salt, baking powder. Add chilled sweet potato, vegetable oil, eggs and knead into dough.
7. Roll dough
8. Cut to size.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories	56.5
Total Fat	2.4 g
Saturated Fat	1.7 g
Polyunsaturated Fat	0.1 g
Monounsaturated Fat	0.3 g
Cholesterol	15.2 mg
Sodium	128.1 mg
Potassium	54.7 mg
Total Carbohydrate	6.1 g
Dietary Fiber	1.2 g
Sugars	0.2 g
Protein	2.5 g
Vitamin A	29.5 %
Vitamin B-12	1.0 %
Vitamin B-6	2.8 %
Vitamin C	3.7 %
Vitamin D	0.3 %
Vitamin E	0.4 %
Calcium	2.4 %
Copper	1.2 %
Folate	1.0 %
Iron	1.4 %
Magnesium	0.9 %
Manganese	2.0 %
Niacin	3.5 %
Pantothenic Acid	1.6 %
Phosphorus	2.8 %
Riboflavin	2.4 %
Selenium	3.1 %
Thiamin	0.9 %
Zinc	0.8 %

DASTO PIE

Ingredients : Make 30 servings

- 150 gm chicken, minced
- ¼ cups onion
- 2 tablespoons meat curry powder
- 1 tablespoon oyster sauce
- ¼ cup pumpkin puree
- 50 gm mushroom
- ½ cups capsicum (mix colour)
- ¼ cups celery
- 1 tablespoon fresh parsley
- 1 egg yolk

Method

1. Preheat oven to 350 degrees F
2. Roll DASTO pastry and place in pie mould.
3. Fry the onion in the oil until soft, add chicken, curry powder, oyster sauce, pumpkin puree and cook for 5 minutes. Add mushroom, capsicum celery, parsley. Stir and cook another 1 minute.
4. Spoon in filling and close with DASTO pastry.
5. Poke several slits in the top of the pastry and brush with egg yolk.
6. Bake for 25-30 minutes until golden brown. Serve either hot or at room.

Nutrition Facts

30 Servings

Amount Per Serving

Total-Pie+Pastry

Calories	8.7	65.2
Total Fat	0.1 g	2.5
Saturated Fat	0.0 g	1.7
Polyunsaturated Fat	0.0 g	0.1
Monounsaturated Fat	0.0 g	0.3
Cholesterol	2.9 mg	18.1
Sodium	13.1 mg	141.1
Potassium	36.9 mg	91.6
Total Carbohydrate	0.7 g	6.8
Dietary Fiber	0.2 g	1.4
Sugars	0.2 g	0.4
Protein	1.3 g	3.8
Vitamin A	2.4 %	31.9
Vitamin B-12	0.3 %	1.3
Vitamin B-6	1.8 %	4.6
Vitamin C	1.2 %	4.9
Vitamin D	0.3 %	0.6
Vitamin E	0.1 %	0.5
Calcium	0.3 %	1.8
Copper	0.6 %	1.8
Folate	0.4 %	1.4
Iron	0.7 %	2.1
Magnesium	0.6 %	1.5
Manganese	0.8 %	2.8
Niacin	3.2 %	6.7
Pantothenic Acid	0.7 %	2.3
Phosphorus	1.3 %	4.1
Riboflavin	0.9 %	3.3
Selenium	1.6 %	4.7
Thiamin	0.5 %	1.4
Zinc	0.4 %	1.2