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*by ewfood*

## Meat Pies

## Ingredients

For the filling: 1fl oz. vegetable oil

2 carrots, coarsely grated

1 onion, finely chopped

3lb. lean ground beef

12fl oz. Merlot

4 cloves garlic, minced

a few sprigs of thyme leaves

1tbsp. dried oregano

1oz. tomato paste

1fl oz. dark soy sauce

1fl oz. Worcestershire sauce

salt and pepper

For the pastry: 1lb. floury potatoes, peeled and quartered

4oz. butter, melted

10oz. white flour, sifted

2tsp. baking powder

1tsp. hot English mustard powder

1tsp. salt

pepper

4oz. grated cheddar

1 egg, beaten

**Servings**

8

**Person**

## Preparation

- 1 For the filling: Preheat the oven to 180°C and grease a muffin tin
- 2 Heat the oil in a large pan and sauté the onion and carrot until soft
- 3 add the beef, in batches, stirring well as it browns
- 4 Drain away any excess fat
- 5 Add the merlot and garlic and cook briskly until most of the liquid has evaporated
- 6 Stir in all the remaining ingredients
- 7 Turn down the heat and simmer gently for an hour, or until the mixture is slightly thickened
- 8 For the pastry: boil the potatoes in plenty of salted water until tender
- 9 Drain and pour in the melted butter and mash until smooth
- 10 Sift the flour, mustard powder, baking powder, salt and pepper into a separate bowl
- 11 Now add the flour, in increments, to the mashed potato, stirring well to form a pliable soft dough
- 12 Use only as much flour as is required and stop adding once the dough has formed
- 13 Finally add the cheese
- 14 Roll the pastry out
- 15 Cut out circles using a large rimmed glass, the same size as your muffin tins
- 16 Gently press the pastry onto the base and sides of the tins

- 17 Brush the rims with a little beaten egg and fill the cases with the mince
- 18 Gather up all the remaining pastry, roll it out again, and cut out enough 'lids' to cover all the pies
- 19 Drape the lids over the pies and, using your fingers, gently seal the edges
- 20 Brush all over with beaten egg and cut a small slit in the top of each pie
- 21 Place in a hot oven and bake for 20–25 minutes.

## **Cooks Note**

Serves 8

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