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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