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by Andy Bates

UAE Pie and Mash



Ingredients

Serves 4

500g minced lamb

1 onion finely chopped

4 cloves of garlic crushed

1 onion, finely diced

1 tbsp tomato puree

1 tsp ground cumin

1 tsp ground allspice

1 tsp ground coriander

1 pinch ground nutmeg

1 tsp cinnamon

2 tbsp olive oil

500ml chicken stock

30g toasted pine nuts

salt and pepper

Pastry

200g plain flour

125g cold butter cubed

pinch of salt

1 egg yolk

dash of water

egg yolk for brushing

Broad Bean mash

1.5kg Podded Broad Beans

1 Medium Potato peeled, cooked and mashed

500ml milk

25ml Extra Virgin Olive Oil

50g Grated Parmesan

Handful Mint Leaves chopped

50g feta

zest of a lemon

Preparation

1 For the pastry, sift the flour and salt into a bowl add the butter, gently mix, add the egg

yolk and a dash of water and combine to a dough making sure there are butter lumps throughout. Wrap and chill.

- 2 in a saucepan, heat the oil till smoking and fry off the lamb in batches until browned and golden all over. transfer with a slotted spoon to a plate.
- 3 to the pan add the onions and garlic, lower the heat and sweat off for 5 minutes.
- 4 Add the spices and cook off for a further 5 minutes.
- 5 Add the tomato puree and chicken stock, place lid on and cook for 2 hours.
- 6 Remove the lid, turn up the heat and reduce by a ? to thicken.
- 7 Season, add the pine nuts and allow to cool.
- 8 **To assemble**
- 9 Pre heat oven to 180c.
- 10 Fill 4 individual pie dishes with the lamb filling.
- 11 Brush the rims of the pie dishes with egg yolk.
- 12 Separate the pastry into 4 and roll into circles/ovals 10mm thick making sure they overlap each pie dish, top with a circle of pastry, seal and crimp the edges and trim around the sides to neaten if needed. Brush pastry with the egg yolk. Bake for about 25-30 minutes till the pastry is golden brown. Cool for 5-10 minutes before serving.
- 13 **For the Mash**
- 14 Remove the outer shell of the beans,
- 15 In a saucepan, bring to the boil the milk and add the beans, cook for 3-4mins.
- 16 with a slotted spoon, transfer the beans to a food processor and puree.
- 17 Add the potato, parmesan, salt and pepper, mint and a little of the milk to loosen.
- 18 quickly blitz to combine.
- 19 transfer to a bowl and garnish with the crumbled feta and a drizzle of olive oil.

Cooks Note
