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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