

Meat pie

Serves: 6

Cooking utensils: saucepan, 22 cm pie dish (1 L),
4-sided oven tray

Preparation time: 30 minutes

Cooking time: 1 hour meat mixture,
30–40 minutes for pie

Oven temperature: 220°C, reduced to 190°C

INGREDIENTS

750 g blade, topside or round steak

1 onion (125 g), diced

2 tablespoons (20 g) plain flour

6 shakes pepper

2 teaspoons chopped parsley

1¼ cups (315 mL) stock

**250 g Flaky pastry (p. 390)
or Rough puff pastry (p. 391)**

milk for glazing

Method

- 1 Cut meat into 2 cm pieces.
- 2 Place meat, onion, flour, pepper and chopped parsley in saucepan and mix.
- 3 Add stock, bring to boil and simmer for 1 hour, stirring frequently. Place meat mixture in pie dish.
- 4 Set oven at 220°C.
- 5 Roll out pastry to shape of pie dish and 5 cm larger all round. Cut a 2 cm strip from outside edge of pastry. Brush the edge of the pie dish with water. Fit the strip of pastry carefully around the edge, cut side out, without stretching it. Join ends neatly and brush strip with water. Using a rolling pin, lift large piece of pastry without stretching it, cover dish and press edges lightly. Trim edge and cut at 3 cm intervals, drawing flakes up with knife (see p. 385).

- 6 Glaze with milk and slit top of pie to allow steam to escape. Place on 4-sided oven tray.
- 7 Bake at 220°C for 20 minutes, then at 190°C for a further 10–20 minutes, until golden-brown.

MICROWAVE METHOD

At step 3, microwave for 5 minutes on high power, then 12 minutes on medium power.

STEAK AND KIDNEY PIE

Follow recipe for **Meat pie**. At step 2, add 2 lamb's kidneys.

STEAK AND MUSHROOM PIE

Follow recipe for **Meat pie**. At step 3, add 1¼ cups (125 g) sliced mushrooms after 30 minutes.

STEAK AND VEGETABLE PIE

Follow recipe for **Meat pie**. At step 2, add ½ diced carrot (65 g), 1 sliced celery stalk (100 g), ½ cup (75 g) peas, ½ diced parsnip (65 g).