

(SERVES 24)

RECIPE ADAPTED FROM KIDS EAT BY SHANAI

FILLING

- 2 TABLESPOON OLIVE OIL
- 1 BROWN ONION - FINELY DICED
- 2 CLOVES GARLIC - FINELY DICED
- 700G CHUCK STEAK - CUT INTO 1CM PIECES OR 700G BEEF MINCE
- 500G BUTTON MUSHROOMS - ROUGHLY CHOPPED
- 2 TEASPOONS GROUND CUMIN
- 1/2 TEASPOON GROUND NUTMEG
- 400G TIN DICED TOMATOES
- 2 TABLESPOONS WORCESTERSHIRE SAUCE
- 2 TEASPOONS WHOLEGRAIN MUSTARD
- 600ML BEEF STOCK (PREFERABLY HOMEMADE)
- 2 TABLESPOONS CORNFLOUR

CRUST

- SLICES OF WHOLEMEAL BREAD - CRUSTS REMOVED AND FLATTENED WITH A ROLLING PIN TO RESEMBLE A PASTRY SHEET.

OR

- SHORT CRUST PASTY FROM THE SUPERMARKET (LOOK FOR THE BRAND WITH THE LOWEST, SALT, SUGAR AND ADDITIVES CONTENT)
- EGG WASH

- HEAT 1 TEASPOON OLIVE OIL IN A LARGE SAUCEPAN. ADD THE BEEF IN BATCHES A BROWN ON ALL SIDES. SET ASIDE.

- LOWER TO MEDIUM HEAT. ADD ONION AND GARLIC. SAUTEE FOR 2 MINUTES.

- RETURN BEEF TO POT. ADD MUSHROOMS, CUMIN AND NUTMEG. COOK FOR 5 MINUTES WHILST STIRRING.

- ADD TOMATOES, WORCESTERSHIRE SAUCE, MUSTARD AND BEEF STOCK.

- BRING TO A GENTLE SIMMER AND COOK FOR 1 1/2 HOURS. STIR EVERY 20 -30 MINUTES. ADD WATER IN SMALL AMOUNTS IF THE MIXTURE DRIES OUT TOO MUCH.

- MIX CORNFLOUR IN A BOWL WITH A SMALL AMOUNT OF WATER IN A BOWL. WHEN DISSOLVED, STIR INTO THE MIXTURE. SET ASIDE AND ALLOW TO THICKEN AND COOL.

- USE THE REMAINING OLIVE OIL TO GREASE A MUFFIN TIN.

- LINE THE MUFFIN CUPS WITH EITHER ROLLED OUT BREAD OR PASTRY.

- FILL EACH PIE TO THE TOP WITH FILLING.

- CUT CIRCLES LARGES ENOUGH TO COVER THE TOP OF THE PIE AND PLACE THEM ON TOP.

- PIERCE THE TOP OF EACH PIE WITH A SHARP KNIFE AND BRUSH WITH EGG WASH.

- BAKE FOR 20-25 MINUTES UNTIL GOLDEN BROWN.

- ALLOW TO SLIGHTLY COOL IN THE TIN BEFORE SERVING.

Beef & Mushroom Party Pies

NOTES:

- MAKE A DOUBLE BATCH OF THE FILLING RECIPE AND SAVE IT IN YOUR FREEZER FOR FUTURE PIES, TO USE AS PASTA SAUCE OR TO HAVE ON BURRITOS.

- TINNED ITEMS, SUCH AS TOMATOES, SHOULD BE AS CLOSE TO TOMATOES ONLY AS POSSIBLE IN THEIR INGREDIENTS LIST. MAKE SURE THERE ARE NO PRESERVATIVES, ADDITIVES, COLOURINGS OR FLAVOURINGS.

- FOR A VEGETARIAN OPTION REPLACE THE BEEF WITH EGGPLANT.

- SERVE WITH HOMEMADE SUGAR-FREE TOMATO SAUCE (AS PER PREVIOUS RECIPES)

NUTRITION INFORMATION

HEALTH BENEFITS OF HOMEMADE VS STORE BOUGHT PIES

- PROCESSED PIES CONTAIN HIGH LEVELS OF SUGAR AND SALT.
- THEY ALSO CONTAIN A NUMBER OF PRESERVATIVES, ADDITIVES, THICKENERS AND COLOURINGS DETRIMENTAL TO HEALTH.
- THE MEAT FEATURED IS OFTEN OF A LESSER QUALITY AND CONTAINS THE UNHEALTHY FATS YOU SHOULD AVOID.
- MAKING YOUR OWN PIE FILLING IS ESPECIALLY BENEFICIAL TO PARENTS/CARERS THAT HAVE SELECTIVE EATERS. IF CHILDREN ENJOY THE PIE FILLING IN THE PIE, IT MAKES IT EASIER TO TRANSLATE IT INTO OTHER DISHES E.G. PASTA. PIES ARE ALSO A GREAT WAY TO HIDE VEGETABLES.

