

Pie: Mince Beef Homemade Flaky Pastry



Ingredients for Flaky Pastry:

- 300g Plain Flour
- 150ml (approximately) Cold Water
- 113g Butter
- 112g Lard or White Fat
- 3 Teaspoons Lemon Juice: School to Provide
- Pinch Salt: School to Provide
- Milk and Egg Wash: School to provide



You will need a 20cm pie dish or two smaller dishes. Ensure you bring some tin foil to cover your pie at the end of the lesson.

Filling Ingredients:

- 250g Mince Beef
- 125ml Beef or Vegetable Stock
- 2 Tablespoons Lea and Perrins: Optional
- 1 Large Onion
- 1 Garlic Clove
- 2 Level Tablespoons of Plain Flour: School to Provide
- Fresh or Dried Seasoning of Your Choice



Additional Filling Ingredients:

- Pepper
- Mushrooms
- Courgette
- Carrot
- Celery
- Swede



Or any Vegetables of Your Choice



Method:

1. Preheat the oven to 200°C or Gas Mark 6.
2. Weigh and measure out all the ingredients accurately.
3. To make the flaky pastry: Mix fat together on a plate until soft, use a fork to do this. Divide the fat into four portions using a knife.
4. Sieve flour into a large bowl and rub in a ¼ fat, the mixture should resemble breadcrumbs.
5. Add the lemon juice and enough cold water to mix to a soft dough.
6. Knead and roll out into a rectangle shape.
7. Dot a quarter of the fat over the top 2/3rd's and fold the bottom 1/3rd up over the middle 1/3 and seal the edges and fold the top 1/3rd over the middle 1/3rd and firmly seal the edges.
8. Quarter turn the pastry, so the long seal is on the right.
9. Repeat step 7.
10. Turn once more and fold in half.
11. Chill to allow fat to set (you can chill between each addition of fat if time).
12. Meanwhile to prepare the filling, place the mince beef in a saucepan and throw all the packaging in the bin. Ensure the saucepan is at the front of the hob, DO NOT turn it on.
13. Peel and crush the garlic, place this in the saucepan.
14. Peel and chop the vegetables into even sized pieces.
15. Place the onion and any other hard vegetables (for example carrot, celery and swede) in the saucepan with the mince beef.
16. Measure out 125ml of warm water into a jug and add the stock cube.
17. Turn the heat on and brown off the mince and hard vegetables, this will take approximately 5 minutes. Stir with a white plastic stirring spoon.
18. Add in the soft vegetables and fry for 3 to 5 minutes. Stir to ensure the ingredients do not stick to the saucepan.
19. Add in 1 tablespoon of plain flour, mix thoroughly.
20. Add in the stock and seasoning.
21. Bring to the boil and then reduce the heat and simmer for 5 to 10 minutes until the vegetables are soft. If the sauce looks runny, stir in another tablespoon of plain flour so the mixture thickens. Remove the saucepan from the hob, place on a pan stand and allow to cool.
22. Once the pastry has had time to chill, remove from the fridge and divide into two sections, the base piece will need to be larger than the top.
23. Roll the pastry out carefully. Remember to always roll forward to ensure there is an even pressure on the pastry. Flour the rolling pin if the pastry sticks. Ensure the pastry for the base is rolled large enough to line the pie dish. Carefully line the dish and cut off any excess pastry using a sharp knife.
24. Roll a top for the pie, ensure it is slightly larger than the dish. You may wish to make some pastry shapes which you can add to the top for additional decoration.
25. Add the filling mixture to the pastry base.
26. Place the pastry top of the pie and trim to fit.
27. Make three or four slits in the pastry to allow the steam to escape.
28. Brush the pastry top with the milk and egg wash.
29. Place pie dish on a baking tray and bake for 20 to 30 minutes until the pastry is golden.

