

# Pie: Mince Beef

## Homemade Shortcrust Pastry

### Ingredients for Shortcrust Pastry:

300g Plain Flour  
75g Butter  
75g Lard or Trex  
60ml (approximately) Cold Water  
Pinch Salt: School to Provide  
Milk and Egg Wash: School to provide



### 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



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.

### 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 shortcrust pastry: Cut the butter and lard / trex into small pieces.
4. Sieve the flour into a large bowl.
5. Add in the pinch of salt, butter and lard / trex.
6. Rub fat into the flour with your fingertips until it resembles breadcrumbs. Add in the flavouring, for example dried mixed herbs. Mix with a round bladed knife.
7. Measure the cold water on the weighing scales.
8. Make a well in the middle of the breadcrumbs and add the water a little at a time, mixing with a round-bladed knife until it forms a dough.
9. Allow to chill in the fridge for at least 10 minutes.
10. 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.
11. Peel and crush the garlic, place this in the saucepan.
12. Peel and chop the vegetables into even sized pieces.
13. Place the onion and any other hard vegetables (for example carrot, celery and swede) in the saucepan with the mince beef.
14. Measure out 125ml of warm water into a jug and add the stock cube.
15. 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.
16. Add in the soft vegetables and fry for 3 to 5 minutes. Stir to ensure the ingredients do not stick to the saucepan.
17. Add in 1 tablespoon of plain flour, mix thoroughly.
18. Add in the stock and seasoning.
19. 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.
20. 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.
21. 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.
22. 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.
23. Add the filling mixture to the pastry base.
24. Place the pastry top of the pie and trim to fit.
25. Make three or four slits in the pastry to allow the steam to escape.
26. Brush the pastry top with the milk and egg wash.
27. Place pie dish on a baking tray and bake for 20 to 30 minutes until the pastry is golden.

