

NUTRITION: Lazza's Kitchen

Mince Beef and Mushroom Pie

**Lazza is still trying out new recipes
Today - his first Meat Pie**

According to Wikipedia.

Meat pie is found in the Neolithic Period, around 9500 BC. The ancient Egyptians' diet featured basic pies made from oat, wheat, rye, and barley, and filled with honey and baked over hot coals.

The Greeks used a flour-water paste resembling pie pastry, and filled it with meat



- 2 tbsp. vegetable oil
- 500g/1lb 2oz beef mince
- 1 onion chopped
- 1 tbsp. tomato purée 1½ tbsp. plain flour, plus extra for dusting
- 75g/2½oz mushrooms, chopped
- 250ml/9fl oz. stout or beef stock
- Dash Worcestershire sauce
- 400g/14oz ready-made shortcrust pastry
- 1 free-range egg yolk only, lightly beaten

1. Preheat the oven to 200C/400F/Gas 6.
2. Heat the oil in a deep frying pan and fry the beef mince for 4-5 minutes.
3. Add the onion and cook for 2-3 minutes, then stir in the tomato purée and cook for 2-3 more minutes. Stir in the flour and cook for a further minute, then add the chopped mushrooms, the stout or beef stock and a couple of dashes of Worcestershire sauce.
4. Bring to the boil, then reduce the heat, cover the pan with a lid and leave to simmer for 20 minutes and then turn into one litre pie dish.
5. Roll out the pastry. Drape over the dish and trim the edges.
6. I created a little leaf design on top, and then brushed the pastry with the beaten egg yolk.
7. Bake in the oven for 20-25 minutes, or until golden brown.
8. Serve nice and hot. Wow!! It was lovely.



**Ok, I didn't make the pastry
(I will in a later pack).**

**But this meat pie was
absolutely delicious.**

I stun myself as always!!

**During this pandemic I decided to try a new hobby - cooking.
Something I have never really experimented with. And it is going so well.
Why not try out some new recipes and foods yourself?
This was the first time I had ever cooked a Meat Pie with Pastry.**