

Lamb & Sweet Potatoes Pie

Menu

Description:

Serving Size: 10 ****Note sauce is too runny in picture**

Categories:

Cost Per Serving	
\$	0.87



Action	Date	Initials
Created:	7/30/2013	AC
Revised:	8/13/2013	EA
	10/15/2013	EA

Amount	Measure	Ingredient	Preparation Method	Product No.
Pastry:				
0.200	kg	All purpose flour		20-100000470
0.001	kg	Salt		20-100001323
0.110	kg	Butter, cubed		20-100001600
0.030	lt	Cold water		
1.000	ea	Egg, beaten		20-100000648
Filling:				
0.015	kg	Flour		20-100000470
0.750	kg	Lamb chunks	trimmed of fat and ground	20-100001593
0.015	kg	Butter		20-100001600
0.010	kg	Garlic cloves	crushed	20-100000869
0.110	kg	Onion	chopped	20-100000835
0.300	kg	Sweet Potatoes (Yams)	peeled and cut in cubes, blanched	20-100000846
0.250	lt	Beef stock		50-100000150
0.200	lt	Pale ale		
0.001	kg	bay leaf		20-100001270
0.002	kg	Dried thyme		20-100001308
0.015	lt	Worcestershire sauce		20-100001263
0.015	kg	Tomato paste		20-100001217
		Salt & Pepper to taste		
0.050	lt	Milk		20-100000577

Method of Preparation:

Pastry:

- Whisk the egg and add the flour. Add the salt and cold water.
- Add the butter and mash until well incorporated.
- Wrap in plastic wrap and place in fridge for at least 20 minutes.
- Remove from fridge and let come to room temperature slightly.

Filling:

- Toss the Lamb in the flour, shaking off any excess.
- Melt the tablespoon of butter in a large saucepan and lightly fry the garlic, onion and sweet Potatoes already pre-cooked for 3 minutes.
- Add the Lamb, and remaining coating flour and cook for 5 minutes, until lightly browned.

- Gradually stir in the stock, beer, bay leaf, thyme, Worcestershire sauce and tomato paste. Cover and simmer gently for about 1/2 hours.
- Spoon the mixture into a medium sized pie dish - let cool a little.

To Finish:

- Heat the oven to 400F/200C/Gas 6.
- Roll out the pastry to a circle, 1/2" thick.
- Put some filling on top of the pastry bottom half of circle.
- Fold over the pastry and press down to the edge and seal. Crimp the edges with a fork or between your thumb and forefinger.
- Brush the top with milk. Bake for 30 - 35 minutes until the pastry is crisp and golden.