

Meat Pie

Meat pie is a rich, soulful dish with origins in Great Britain and Australia. Classically enjoyed in cozy pubs alongside bright green mashed peas, it is pure comfort food. It's also enjoyed as a handheld meal-on-the-go when made smaller, cooled and popped out of the ramekin. This version is made with beef and bacon simmered in red wine beef broth, wrapped in buttery, flakey pie crust, and served in individual ramekins.

PREP TIME: 1 hour 30 minutes

COOK TIME: 1 hour

TOTAL TIME: 2 hours 30 minutes

SPECIAL EQUIPMENT:

KitchenAid® Stand Mixer, KitchenAid® Food Grinder Attachment fitted with the small grinder plate; Large bowl; 4() 2 cup/473ml or (8) 1 cup/237ml baking ramekins or cocottes; Sheet pan lined with parchment paper

INGREDIENTS:

1 ¾ pound (794g) beef chuck or shoulder, cut into 2-in/5-cm cubes

6 oz (170g) bacon, cut into ½-in strips

1 (150g) yellow onion, peeled and small diced

⅓ cup (30g) parsley, chopped

2 tablespoon (32g) tomato paste

2 tablespoon (34g) ketchup

¼ cup (60ml) worcestershire sauce

1 cup (237ml) beef broth

1 cup (237ml) red wine

2 tablespoon (30ml) olive oil

2 tablespoon (28g) butter

2 teaspoon (4g) kosher salt

1 teaspoon (2g) black pepper

3 tablespoon (45g) flour

Pinch of nutmeg

Pie crust:

2 ½ cup (500g) all purpose flour, chilled in the freezer for 20 minutes

1 ¼ cup (250g) unsalted butter, small diced and ice cold

2 egg yolks, cold from the refrigerator

½ cup (120ml) ice water

1 teaspoon (2g) kosher salt

Egg wash:

1 whole egg

¼ cup (60ml) whole milk

INSTRUCTIONS:

Place the meat on a parchment-lined baking sheet and freeze for 20 minutes before proceeding. In the bowl of a food processor, pulse the cold flour and salt together. Add the butter into the flour and salt and continue pulsing until the butter is pea sized and evenly distributed. Add the egg yolk and water and pulse to bring the dough together, making sure to stop just as it starts to come together. Transfer the dough to a lightly floured surface and form the dough into two discs. Wrap dough in plastic wrap, and chill in the refrigerator for at least 20 minutes to overnight.

Attach the KitchenAid® Food Grinder attachment fitted with the fine grinding plate to your KitchenAid® Stand Mixer. Combine the beef and bacon in the large food tray and place the bowl under the grinder. Turn the mixer to speed 4 and use the food pusher to feed the meat through the grinder one to two pieces at a time, taking care not to force it through.

Heat 1 tablespoon olive oil in a large pan over medium high heat. Add the ground beef and bacon and brown well, stirring often. Sprinkle the flour over the meat and stir to combine. Add the red wine to deglaze, then add the onion, beef broth, salt and pepper, ketchup, worcestershire sauce, nutmeg, parsley, and tomato paste. Stir well, cover and simmer for 45 minutes, then cool completely before forming the pies.

Preheat oven to 350°F/176°C.

Meanwhile, make the egg wash. Whisk the egg and milk together until it falls evenly off the whisk: set aside. Then remove the dough from the refrigerator and roll out to ¼-in/ ½-cm thickness on a well floured surface. Cut four circles about 7-in/17-cm diameter and set aside; these will be the bottom crusts. Cut four circles about 5-in/13-cm diameter out of the rest of the dough, use a knife tip to cut an X in the center of each one, and set aside; these will be the top crusts.

Butter the insides of 4 ramekins or cocottes. Line the buttered molds with the bottom crusts and fill with the meat sauce, leaving about ⅛"-¼" below top edge of the bottom crust. Place the top crusts over the top of the filling and seal the edges of the two crusts together with your fingers, then crimp with the tines of a fork. Brush the tops with egg wash and bake for 45 minutes or until the dough is an even golden brown. Remove from the oven and rest for 10 minutes before turning out onto a plate. If you made smaller pies for handheld eating, allow them to cool completely before inverting them out of the mold.

CHEF'S NOTES:

Make your dough and filling one day ahead to spread the workload out. Any extra dough or filling will freeze well for another time.

In addition to individual cocotte servings and handheld snack pies, this recipe can be adapted to a full size pie pan to serve 4-6 people.

MAKES 6 SERVINGS

Nutrition - 1 Serving

Calories 1206 Fat 87g	Carbs 52g Protein 45g Sugars 4g Dietary Fiber 2g	Cholesterol 309 mg Sodium 2254 mg
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