

MEAT PIE

1 tablespoon olive oil
1 large brown onion, finely chopped
16oz (500) 7% fat ground beef (mince)
1 tablespoon cornflour (cornstarch)
3/4 cup beef stock
3/4 cup tomato sauce (ketchup)
2 tablespoons Worcestershire sauce
1 tablespoon barbecue sauce
1 teaspoon Vegemite
2 sheets frozen shortcrust pastry, thawed
2 sheets frozen puff pastry, thawed
1 egg, beaten

Heat oil in a saucepan over medium-high heat. Add onion. Cook for 3 minutes or until soft. Add mince. Cook and stir for 4 minutes, or until browned.

Mix cornflour and 1 tablespoon of stock to form a paste. Add remaining stock and mix. Add stock, sauces and Vegemite to mince. Bring to the boil. Reduce heat to medium-low. Simmer for 8 minutes or until thick. Cool.

Preheat oven to 220°C (425°F). Place a baking tray into oven. Grease 4 x 8cm (3inch) base measurement pie pans.

Cut 4 x 15cm (6inch) circles from shortcrust pastry. Use to line bases and sides of pans. Fill with mince. Brush rims with water. Cut 4 x 15cm circles from puff pastry. Place over meat. Press to seal. Trim. Brush with egg. Season.

Place pies onto hot tray. Bake for 20 to 25 minutes or until golden. Enjoy while hot with tomato sauce (ketchup).

