

BBQHQ.net - Aussie Meat Pies



Hot water crispy-pastry

Ingredients

- 150g Butter - or [125 ml Olive or Canola oil](#) (for heart health)
- 200 ml Water
- 450g Plain flour - (or [225 Wholemeal + 225g Plain](#))
- 2 Eggs (beaten)
- 2 pinches salt

Method

1. Place butter or oil and water into a medium sized saucepan and heat gently, stir occasionally. Allow to come to a rolling boil.
2. Meanwhile sift flour and salt into a large bowl; make a well in the centre and add the eggs.
3. Pour the hot liquid into the flour, mixing immediately until it forms a dough.
4. When mixed spread onto a large plate or tray for 20 minutes to cool; then wrap in cling film and cool in the fridge for about 30 minutes until firm. Roll as you would any regular pastry.
5. Makes enough pastry for 6 pies and lids. (7.5 cm wide x 3 cm deep)

Meat Filling - Quick Cook Method

Ingredients

- 1 Kg Beef Mince
- 2 Medium/Large - Brown onions - chopped very fine
- 3 TBS Olive oil
- 1- ½ Cups Beef stock (homemade stock is best - I cheated)
- 1 TBS Tomato Paste
- 3 TBS Worcestershire Sauce
- 2 x tsp. Vegemite or Promite (Add 2 TBS Soy sauce if no Vegemite)
- 2 TBS Cornflour or Gravy Powder
- ½ Teaspoon ground White Pepper, +/- to taste
- ½ Teaspoon Salt, +/- to taste

Method

1. Divide meat into batches (1/3's) and brown each batch in some of the oil in a deep frypan
2. Place into suitably sized dish with lid – cover to keep warm
3. Sauté onions in remainder of oil; until soft but NOT browned
4. Return meat to frypan
5. Add Tomato Paste, Vegemite, Worcestershire, Gravy Powder or Cornflour, Pepper & Salt
6. Add to meat and mix well through
7. Bring to boil – then simmer for 10 minutes, stirring frequently
8. If not thick enough adjust with small amounts of Cornflour – meat is now ready
9. Allow meat to cool before filling pastry
10. Roll out the pastry to suit your pie tins, fit pastry to tins, fold top of pastry over tin edge
11. Egg glaze the edge to bond with lid
12. Roll out the pastry lids, fit to bases
13. Crimp edge with a fork to seal
14. Brush egg glaze over top for a shiny finish
15. Make small hole for venting of steam
16. Cook 200C for about 25 mins.
17. Turn out and allow to cool slightly before eating – or cool to room temperature before freezing
18. Enjoy!

Meat Filling – Slow Cook Method

Ingredients

- 1 Kg Chuck Steak or Gravy Beef - trimmed of fat
- 2 Medium/Large - Brown onions – chopped very fine
- 2 TBS Olive oil
- 1- ½ Cups Beef stock (homemade stock is best – I cheated)
- 1 TBS Tomato Paste
- 3 TBS Worcestershire Sauce
- 2 x tsp. Vegemite or Promite (Add 2 TBS Soy sauce if no Vegemite)
- ½ Teaspoon ground White Pepper, +/- to taste
- ½ Teaspoon Salt, +/- to taste
- 2 TBS Cornflour or Gravy Powder to thicken (if needed)

Method

1. Divide meat into batches (1/3's) and brown each batch in some of the oil in a frypan
2. Place into suitably sized roasting dish with lid or Slow Cooker – cover to keep warm
3. Sauté onions in remainder of oil; until soft but NOT browned
4. Add meat to Roasting pan or Slow Cooker
5. Add Tomato Paste, Vegemite, Worcestershire, Pepper & Salt
6. Add to meat and mix well through
7. Cook in Oven at 140-150C for 2-4 hours, (or Slow Cooker) until meat is at a consistency where it falls apart
8. If not thick enough adjust with small amounts of Gravy Powder or Cornflour
9. Allow meat to cool before filling pastry
10. Roll out the pastry to suit your pie tins, fit pastry to tins, fold top of pastry over tin edge
11. Egg glaze the edge to bond with lid
12. Roll out the pastry lids, fit to bases
13. Crimp edge with a fork to seal
14. Brush egg glaze over top for a shiny finish
15. Make small hole for venting of steam
16. Cook 200C for about 25 mins.
17. Turn out and allow to cool slightly before eating – or cool to room temperature before freezing
18. Enjoy!