



Rustic Lamb Pie

Introduction:

The pie is the limit! Pies are back on our menus and here is our hearty, rustic lamb pie. The crust is a little unusual and if you do not fancy our recipe or have no muesli on hand, use your favourite crust recipe.

Ingredients

250 ml muesli
500 ml cake flour
10 ml garlic & herb seasoning salt
20 ml mustard powder
250 g chilled butter, diced
90 - 125 ml iced water
60 ml olive oil
900 g lamb meat (no bones or fat)
1 large onion, chopped
250 ml good red wine
600 ml prepared lamb or beef stock
45 ml tomato paste
2 bay leaves
generous pinch of ground cinnamon
45 ml fresh rosemary leaves or 20 ml dried
500 g frozen stir-fry vegetables
1 small egg, beaten with 25 ml cold water
extra rosemary

Method

Place muesli, flour, salt, mustard and butter in a processor and process until it resembles fine breadcrumbs. Add small amounts of water, pulsing briefly after each addition until the mixture sticks around the blade in one large ball of dough. Wrap the dough in plastic and chill for 1 hour. Use $\frac{3}{4}$ of the dough to line the bottom and the sides of a deep, 23-cm loose-bottomed pie dish. Prick the dough with a fork and chill for 30 minutes. Cover remaining dough and keep chilled. Bake the crust for 20 minutes at 190° C, remove from oven and set aside.

Heat the oil and brown the meat well before adding the onion. Sauté until translucent. Add the wine, stock, tomato paste, bay leaves, cinnamon and rosemary. Bring to a boil, cover, reduce heat and simmer for 60 - 90 minutes until the meat is tender, topping up the cooking liquids from time to time to ensure that meat remains just covered with liquid. When tender, add the stir-fry vegetables. Cover and cook for another 10 minutes. Remove lid and adjust seasoning if necessary. Increase heat and cook rapidly to reduce and thicken sauce, or thicken to taste with a little corn flour paste. Pour into the pie crust.

Roll out the reserved dough, and slice into 1 cm strips. Place the strips in an attractive pattern over the pie and insert the extra rosemary sprigs. Brush the pastry with egg and bake in a preheated oven at 190° C for 30 minutes. Remove from the oven and allow to stand for 20 minutes before serving.

Serves 6.