

**ELIM MEAT PIE    GD DF Low**  
Gluten Free Dairy Free Low Chemical  
**6 individual pies**

Serve with choko chutney

**Filling Ingredients:**

500 minced meat  
Allowed oil for cooking (canola,  
sunflower or rice bran)

1 ½ cups prepared stock (pre-made  
elimination diet vegetable stock)

1 small clove garlic, crushed  
½ leek, diced  
2 stalks celery, diced  
¼ cup chopped parsley  
Salt to taste  
2 tblsp plain gluten free flour  
¼ cup water



**Pastry:** readymade or make a pastry according to a recipe

- This recipe uses 2 prepared pastries from **CHOICES** bread shop (no soy).
  - 500g gluten and dairy free Pie Pastry
  - 1 sheet of gluten and dairy free Puff Pastry

6 hole large muffin tray

Multibake paper and Nuttalex for greasing trays

**Method:**

- Preheat oven to 200°C.
- Prepare muffin tray: Grease each muffin hole with Nuttalex & cut a rough circle of multibake paper to fit the bottom of each hole (this helps turn the pies out)
- Add oil, mince, garlic, celery, parsley & leek to a pan on the stove and cook the mince until browned
- Add the stock and simmer the mince until the liquid is almost gone
- Salt to taste
- Combine the GF flour with the water and stir this through the mince mixture to thicken
- Remove the mixture from the stove and cool slightly

### ***Assembling the pies***

- Sprinkle extra plain GF flour over a clean bench & knead the Choices 500g GF Pie Pastry for a few minutes
- Roll out to about 3mm thick with a rolling pin & cut out 15cm diameter circles
- Ease the pastry into the muffin holes and press it to the base and flatten it to the sides. Cut excess off at the top with a knife. Leave a flat edge on top to join the top puff pastry
- Repeat kneading, rolling and cutting until the 6 cases are lined
- Spoon meat mixture evenly among the pies, bring the mixture to just below the top edge of the pie
- Take one sheet of the Choices GF Puff Pastry and cut out 6 circles the same size as the top of your muffin holes
- Brush the top edge of the pie pastry with a little water and place the puff pastry on the top. Use a fork to gently press the 2 pastries together
- With a knife make a small slit in the top of the pie before cooking
- Cook for 10 minutes at 200<sup>0</sup>C in a normal oven, then fan force the oven for the final 15 minutes of cooking
- Let pies sit 10 minutes before turning them out.

Serve them with a suitable chutney