

MEAT & POTATO PASTIE GF DF Low
Gluten Free Dairy Free Low Chemical

8 individual Pasties

Pastry: readymade or make a pastry according to a recipe

- This recipe uses 2 sheets of prepared gluten and dairy free Puff Pastry from **CHOICES** bread shop (no soy).



Filling Ingredients:

- 400g chuck steak
- Allowed oil for cooking (canola, sunflower or rice bran)
- 1 large potato, chopped into small pieces
- 2 stalks celery, diced small
- ¼ leek, diced
- 500ml water
- Salt to taste
- 1 tabbsp plain gluten free flour
- ¼ cup water extra

Method:

- Preheat oven to 200°C.
- Have pastry at room temperature
- Line an oven tray with baking paper
- Dice the meat into 2cm squares
- Add oil and meat to a saucepan and brown the meat
- Add the potato, celery, & leek to a pan and stir fry about 5 minutes
- Add the water and cook without a lid until the liquid is almost gone
- Salt to taste
- Combine the GF flour with the extra water and stir this through to thicken
- Remove the meat and vegetables from the stove and cool slightly

Assembling the pies

- Sprinkle extra plain GF flour over a clean bench & place 1 sheet of Choices Puff pastry on the floured surface
- Cut the pastry into 4 rectangles (halve the length and halve the breadth)
- With a rolling pin, gently ease one side of each rectangle into a square shape
- Repeat with remaining pastry sheet to have 8 square pastry sheets
- Place each pastry on the baking sheet in 2 lines of 4
- With a pastry brush or finger, wet the pastry edges with a little water



- Divide the meat mixture evenly among the pastries; spread it in a triangular shape on half the square leaving a small edge of exposed pastry to join with the other side
- Fold the free half of the pastry over the meat and press the edges of the pastry together
- Gently press a fork around the edge or crimp with fingers to ensure it is sealed
- Cook for 10 minutes at 200°C in a normal oven, then fan force the oven for a further 15 minutes of cooking
- Eat as isor serve them with a suitable chutney