

MINCE PASTIE GF DF Low

Gluten Free, Dairy Free, Low Chemical

6 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:

500 minced meat	2 stalks celery, diced
Allowed oil for cooking (canola, sunflower or rice bran)	¼ cup chopped parsley
1 ½ cups prepared stock (pre-made elimination diet vegetable stock)	Salt to taste
1 small clove garlic, crushed	2 tablsps plain gluten free flour
½ leek, diced	¼ cup water

Method:

- Preheat oven to 200°C.
- Have pastry at room temperature
- Line an oven tray with baking paper
- Add oil, mince meat, 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 pastie

- Sprinkle extra plain GF flour over a clean bench & place 1 sheet of Choices Puff pastry on the floured surface. With a rolling pin extend the long side of the pastry to cut 2 circles.
- Cut out 2 x 15cm diameter circles of pastry
- Take the left over pastry from this sheet and knead it together. Roll it out to the same thickness as the remaining sheet and cut 1 more 15cm diameter circle.
- Repeat with remaining pastry sheet to have 6 pasties
- Place each pastry on the baking sheet in 2 lines of 3
- Divide the mixture evenly among the pastry circles but spread the meat only on one half of the circle leaving a small edge of exposed pastry to join with the other side
- With a pastry brush or finger, wet the exposed pastry edge with a little water
- Fold the meatless 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 elimination chutney or sauce