

オーストラリア料理教室

10月5日 土曜日



ミート・パイ

Traditional Meat Pies

Table of Contents:

目次:

What makes a Meat Pie? p.2	ミート・パイって何? p.2
Notes p.3	メモ p.3
Meat Pie Recipe p.5	ミート・パイの作り方 p.4

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What makes a Meat Pie?

With Australia being a country of but a few years, there is little in the way of tradition to speak of. That being said, a 'traditional' Australian Meat Pie is something that resonates with every Australian. Whether it be a local homemade pie from your nearest bakery or café, or something to hit the spot while you cheer on your local footy team, there's something uniquely comforting about the familiar taste of minced beef and gravy baked into a crispy, crunchy pie. Certainly not the meal of choice for the upper echelons of society; that, too, is something that suits Australians just fine!

Flour	225g	Brown Onion	1
Butter	90g	Beef	400g
Eggs	2 Small Eggs	Tomatoes	250g
Puff Pastry	4 Sheets	Tomato Paste	2 tbsp.
Worcestershire Sauce	2 tbsp.	Bouillon	120 ml
*Herbs and Spices may be added to taste with the meat.			

Meat Pie (4 Portions)

Mum's homemade recipe!

Reference Photos	Method
	1) Process flour and butter until crumbly. Add egg and enough water (roughly 10ml) to make ingredients cling together. Knead pastry on lightly floured surface until smooth. Cover, refrigerate 30 minutes.
	2) Meanwhile, heat oil in large saucepan, add onion and beef, cook, stirring, until beef is well browned. Stir in undrained tomatoes, paste, sauce and stock, bring to the boil. Reduce heat, simmer, uncovered for about 20 minutes, or until thick. Cool.
	3) Divide pastry into four portions; roll each between sheets of baking paper/parchment until large enough to line tins. Lift pastry into tins; gently press over base and sides; trim. Refrigerate 30 minutes.
	4) Cut four 13cm rounds from puff pastry. Refrigerate until required. 5) Preheat oven to 200C/400F
	6) Place pastry cases on oven tray; line pastry with baking paper then fill with dried beans or uncooked rice. Blind bake for 10 minutes; remove paper and beans. Bake a further 5 minutes; cool.
	7) Fill pastry cases with beef filling; brush edges of pastry with extra egg. Top with puff pastry rounds; press edges to seal. Brush tops with egg. Cut steam holes in top of pies. Bake about 20 minutes or until pastry is golden. Serve pies with tomato sauce.