

AUSTRALIAN “MEAT” PIES



Meat pies are an Australian institution, eaten as a snack or street food similar to hotdogs in the United States. Chopped or minced meat in a pastry shell is slathered in tomato sauce (similar to ketchup but made with different spices) and enjoyed at a cricket game. When not eaten at a ballgame, the dish is

sometimes served with green peas, mashed potatoes, and gravy instead of tomato sauce. Our version is meatless, but has the same tasty flavor – eat plain or with ketchup. Our recipe uses marmite, which is similar to Australian vegemite but more readily available in the United States.

INGREDIENTS

Pie dough	2 tbsp olive oil
Puff pastry sheet	1 c mushrooms
1 ¼ c green or brown lentils	1 tsp marmite
32 oz beef stock	2 tbsp tomato paste
1 bay leaf	1 tsp thyme
1 onion, chopped	black pepper
2 cloves garlic, minced	

DIRECTIONS

In a large pot, bring the beef stock and bay leaf to a boil. Add the lentils and reduce to a simmer. Cook for 15 minutes. When straining the lentils, preserve the stock by placing a bowl or pot under the strainer.

Heat oven to 350 degrees.

In the same pot, heat 1 tbsp oil over medium heat. Add the mushrooms and saute until they release their liquid and begin to brown. Remove from the pan and set aside.

In the same pot, add another 1 tbsp oil and saute the onion until translucent and starting to brown. Add garlic, thyme, mushrooms and pepper. Cook for another 1-2 minutes, then reduce heat to low. Add lentils, tomato paste and marmite.

Whisk 1 tbsp flour into ½ c of the reserved lentil cooking liquid. Stir into pot. Let simmer for 10-15 minutes, adding lentil cooking liquid as necessary. The mixture should be moist but not runny, similar to a pot pie filling. Remove from heat, place in another dish and set in refrigerator to cool. (does not have to be completely cool, but you should be able to handle the dish – cooling the filling prevents the pie crust from melting.

While the filling is cooling, roll the pie dough and cut into pieces for the bottom crust. Fit into the pans. Roll out the puff pastry and cut into circles for the top crust, set aside.

Assemble the pies by adding the cooled filling to the pans. Use your finger to apply water to the edge of the crust, then add the puff pastry and press to seal. Place the prepared pie tins on a baking sheet. Poke holes in the top crust with a fork to vent. You can also brush with milk or melted butter for a crispier top crust.

Bake for 15-20 minutes, or until the crust is golden.

MILO BALLS

Milo is a brand of chocolate malted milk powder produced by Nestle. It is the most popular brand of malted milk powder in Australia. Milo can be mixed with hot or cold milk to make a delicious drink, used in baking recipes, sprinkled over ice-cream... or sneakily eaten straight out of the tin with a spoon!

This recipe is for a tasty no-bake snack that highlights the malt chocolate flavor of Milo. Typically, tea biscuits would be used in the recipe but we have substituted graham crackers as they are more readily available.

INGREDIENTS

1 sleeve graham crackers
¾ cup desiccated coconut
30g packet Milo powder
¾ c sweetened condensed milk full fat
Extra desiccated coconut to coat

DIRECTIONS

Crush the crackers using a food processor or rolling pin until they resemble fine crumbs. Place into a large bowl.

Add the coconut, Milo and sweetened condensed milk, and mix to combine. The mixture is very sticky and is easiest to mix with your hands.

Roll into heaped teaspoon-sized balls and then roll to coat in the extra coconut.

Store in the fridge in an airtight container for up to 7 days (or freeze for up to 1 month).

