

MEAT PIE

Ingredients

Dough recipe

2½ cups of all-purpose flour
½ teaspoon of salt
1 cup of cold butter, cut into small cubes
ice water
1 beaten egg

1 large potato, baked and mashed
1 pound of ground pork
1 onion, minced
2 tablespoons of apple butter
1 pinch of allspice
1 teaspoon of salt
½ teaspoon of ground pepper

Crust: Sift the flour and salt. Incorporate the cold butter with your fingers or with a pastry blender until the mixture is the pea sized. Add spoonfuls of ice water and work 2-3 minutes to form a ball. Work quickly so the the butter doesn't soften. Wrap it in plastic and place in the refrigerator for several hours.

Filling: Put the potato, pork, onion, apple butter, and spices in a large pan and cook completely.

Assembly: On a floured surface, roll the dough out to make two 9 inch crusts. Put one crust in the bottom of a pie plate. Fill with the meat mixture. Cover with the other crust and pinch the edges to seal. Brush the top with the beaten egg. Make an opening in the top for steam to escape. Bake 50 minutes in an oven preheated to 350°F. Serve hot. Serves 8.

ACTIVITIES

1. What is the difference between une pâte brisée, une pâte sablée, une pâte à choux et une pâte feuilletée? Which one is used in this recipe?
2. Why is it important for the ingredients to be cold?
3. What other meats could you substitute for pork?
4. In what season is this dish usually eaten?
5. What other fat could you use in a crust?