

Aussie Meat Pie

Ingredients:

500g / 1lb chuck or blade steak
2 tablespoons flour
Freshly ground black pepper
1 tsp salt
1/2 cup water
1 x 375g / 12 oz packet frozen puff pastry, thawed
Beaten egg to glaze

Directions:

Trim gristle and fat from steak, cut into thin shreds, then chop very finely.

1. Dust with flour, salt and pepper and place in the top of a double boiler or pudding pan.
2. Place enough boiling water to come halfway up sides of bowl, simmer for 2 hours or until the meat is very tender.
Replace water in saucepan as necessary to maintain level.
3. Allow to cool completely.
4. Roll out pastry dough thin and cut 3/4 of it to fit individual round, oblong or square pie tins.
Line tins with dough, and fill about 3/4 full with meat filling.
Cut lids from remaining dough, dampen edges and put into place .
5. Cut a vent in the top of each pie for steam to escape.
Chill for 15 minutes, then brush with beaten egg.
Bake in a preheated hot oven (200 C / 400 F) for 25 minutes or until pastry is puffed and golden.
Serve with tomato sauce (ketchup).