

# STREUSAL MINCE PIES

Makes 10-12 pies



INGREDIENTS	EQUIPMENT
200g ready-made dessert (sweet) <b>pastry</b> 1 small jar <b>mincemeat</b> <b>flour</b> for rolling out  <b>For the streusal topping:</b> 75g <b>self-raising flour</b> 50g <b>unsalted butter</b> 30g <b>Demerara sugar</b> 25g <b>ground almonds</b>	rolling pin sieve mixing bowl 78mm fluted pastry cutter bun tin

## METHOD

1. Heat the oven to 200°C / Gas 6. Lightly flour the work surface and roll the pastry out to 3 – 4mm thickness.
2. Using a fluted cutter, stamp out 10 – 12 mince pie bases. Place them in the bun tin. Re-roll the pastry as necessary and cut more bases.
3. Place a heaped teaspoon of mincemeat in each pastry case. Set aside.
4. Make the streusal mixture by placing the flour in a mixing bowl with the butter, sugar and almonds.
5. With a round-bladed knife, cut the butter into the dry ingredients. Rub the fat into the flour until it resembles large breadcrumbs.
6. Spoon the streusal mixture over the mincemeat in the pastry shells and press down lightly. Bake for 15 – 20 minutes until the pastry is cooked and the topping lightly browned.

## RECIPE NOTES AND TIPS

- The sugar and fat content of this recipe are high – not something to eat everyday!
- Make your own shortcrust pastry if you have the time

## ALLERGY AWARE

This recipe contains:

- Gluten (pastry and flour)
- Sulphur Dioxide (mincemeat)
- Nuts (almonds)
- Milk (butter)

Per pie (~44g)

	<b>ENERGY</b>	778kJ / 186kcal	9%
<b>HIGH</b>	<b>FAT</b>	9.4g	13%
<b>HIGH</b>	<b>SATURATES</b>	4.7g	24%
<b>HIGH</b>	<b>SUGARS</b>	12.5g	14%
<b>MED</b>	<b>SALT</b>	0.2g	3%

% of an adult's reference intake

Typical values per 100g : Energy 1769kJ / 423kcal

## Focus on Food Streusal Mince Pies

NUTRITION INFORMATION		
Typical Values	Amount per 100g	Amount per serving (44g)
Energy	1769kJ / 423kcal	778kJ / 186kcal
Protein	2.9g	1.3g
Carbohydrate (of which sugars)	54.1g (28.5g)	23.8g (12.5g)
Fat (of which saturates)	21.3g (10.7g)	9.4g (4.7g)
Fibre	1.9g	0.8g
Salt	0.4g	0.2g