

Aussie Meat Pie and Easy Meringue

Equipment list

Apron and tea towel

Chopping board and sharp knives

Heavy based saucepan

Wooden spoon

Pie dish - foil/metal/ceramic

Rolling pin if you are using a block of pastry.

Meringue

Measuring scales/cups

Mixmaster or hand held mixer for mixing the eggs/sugar and thickening the cream

Baking tray

Greaseproof paper

Extra bowls, spoons to hand

- **Preheat the oven to gas 1, 140°C, fan 120°C**

Ingredients -

- 2 large egg whites - AT ROOM TEMPERATURE
- 120g caster sugar
- 1 tsp cornflour & tsp white wine vinegar (optional)
- 300ml double cream
- Fruit - depends what you can get your hands on. Fresh strawberries/raspberries/kiwi fruit/mint or you can even use a frozen pack of berries - thawed. It is really up to you what you like.

METHOD

1. Preheat the oven to gas 1, 140°C, fan 120°C.
2. Line 2 large baking sheets with baking paper.
3. Put the egg whites in a clean dry bowl and with an electric whisk, whisk to stiff peaks.
4. Add 1 tbsp of the sugar and whisk back up to stiff peaks. Continue adding the sugar in this way until it's all added and the meringue is silky and firm.
5. Finally fold in the cornflour.
6. Bake the meringue for 1hr, until they are crisp to touch and easily peel off the paper. SET TIMER
7. AFTER ONE HOUR Turn off the oven and leave inside to cool completely, ideally overnight. If using straight away, place on a rack to cool.

INGREDIENTS

Meat Pie - serves 4/5 people

1 tablespoon olive oil
1 large brown onion, finely chopped
500g lean beef mince
250g diced and cooked mushrooms (optional)
1 tablespoon cornflour
1 cup beef stock (fresh or stock cube is fine)
1 x 400g tin chopped tomato
2 tablespoons Worcestershire sauce
1 tablespoon barbecue sauce
1 teaspoon Vegemite
2 tsp of mixed herbs
1 sheet rolled shortcrust pastry, thawed (enough to line your tray)
1 sheet rolled puff pastry, thawed
50g butter (soft for greasing)
1 egg

Vegetarian substitutions

1 large brown onion, finely chopped
300-500g mushrooms - finely diced (depends how many you are making the pie for. If just one person, 250-300g pack is fine)

METHOD

Step 1

Heat oil in a saucepan over medium-high heat. Add onion. Cook for 3 minutes or until soft. Add mince. Cook for 4 minutes, stirring with a wooden spoon, or until browned

Step 2

Mix cornflour and 1 tablespoon of stock to form a paste. Add remaining stock. Add stock, sauces and Vegemite to mince. Bring to the boil. Reduce heat to medium-low. Simmer for 15 minutes or until thick. Then turn off heat and leave to cool.

Step 3

Preheat oven to 220°C. Place a baking tray into oven. Grease 4 x 8cm base measurement pie pans.

Step 4 - Cut circle from shortcrust pastry. Use to line bases and sides of pans. Fill with mince. Brush rims with water.

Step 5

Cut circles from puff pastry. Place over meat. Press to seal. Trim.

Step 6

Brush with egg. Season.

Step 5 - Place pies onto hot tray. Bake 20/25 minutes or until golden. Serve.