

Forfar Bridie



With ready-made crust



Servings: 2-4

Prep time: 20 min

Cook time: 45 min

INGREDIENTS

250-500 g lean meat cubed*

40 g butter or suet (fat)

1 medium onion / chopped

1 small-medium egg

1 tsp mustard powder

salt & pepper to taste

3 tsp of beef stock*

Ready made crust- 2 pack

- *meat cubes (not ground) can be of chicken, beef, bison, pork or a mix. 250 g for 2 pies or up to 500 g for 4-5 pies. You will need a food processor to mince the meat. I used a Ninja Bullet handheld for bison cubes and it did the job just fine!*
- *Beef stock can be mixed or even substituted with Worcester sauce pending your preference*

DIRECTIONS

1. Preheat oven to 356°F
2. Place cookie sheet and a baking rack in the oven to heat while the oven gets up to temperature.
3. Bring ready-made crust from fridge to rest / warm to room temp.
4. Make the mince! Process your meat, mix in chopped onion, mustard and beef stock (or sub).
5. Open pastry roll/s Divide each sheet into 4 squares pending how many bridies you are baking.
6. Crack the egg into a small bowl / make egg wash.
7. Take meat filling and center on one side of the square, egg wash the edges to help seal, then fold.
8. Cut edges of the pastry to encourage a rounded shape and press together, Make sure its well sealed. Trim as needed. Use fork tines and press into the crust edge to fully seal the pies.
9. Use kitchen scissors to cut a hole in the top of all the Bridie pies to vent steam during cooking
10. Egg wash the tops of your Bridie pies.
11. Take your hot rack/ cookie pan out of the oven and set in a secure place. Hot! Hot! Hot!
12. Carefully place your Bridies base down onto the parchment that is on the hot rack and place back in the oven promptly.
13. Bake until done.
14. Keep an eye on the vent in the pie crusts to ensure none seal over. Run off juices should wick off the parchment / rack and onto the cookie sheet to avoid the dreaded soggy bottom!
15. ENJOY with "CHIPS", peas or eat alone. It's a hardy meal by itself!

TOOLS:

Baking parchment, baking rack, cookie tray, food processor. Pastry brush, Asst bowls.