



English Pork and Vegetable Pie

20'
Hands on

140'
Cook Time

6-8
Portion(s)

3
Difficulty



Method

Photo credit: G. Drakopoulos - Food Styling: T. Webb

This pie has pastry dough over the top but not on the bottom. It is very juicy! It's somewhere between a soup and a pie!

- Trim the meat from any fat or sinews and cut into 1-2 cm cubes.
- Place a deep pot over high heat. When it is very hot, add 2 tablespoons of olive oil and the cubes of meat. Brown on all sides.
- Add the vegetables, apart from the potatoes and sauté them also. Add some more olive oil, if necessary. Cook until the onion becomes translucent.
- Add the wine and let all of the alcohol evaporate.
- Add the flour and stir with a wooden spoon. Cook for 1 minute.
- Add the bouillon cube and water.
- Lower heat to low. Cover pot and simmer for 60-90 minutes, until the meat is almost tender.
- Since this dish contains flour, it is important to stir often while it is cooking so that it doesn't stick to the bottom of the pot.
- When the meat is quite soft, remove from heat. Add the heavy cream and chopped parsley.
- Preheat oven to 180* C (350* F) Fan.
- Transfer contents of the pot to a glass baking dish capable of holding 2 liters. The food needs to have enough sauce that should also be quite thick.
- You can also add some boiled potato cut into pieces. The texture of the dish should be similar to a thick soup. Season to taste.
- Whisk an egg in a bowl and brush it along the rim of the baking dish. Spread the puff pastry dough over the baking dish and press down on it all along the rim so it can stick.
- Use a sharp tipped knife to make small slits over the surface of the dough to let the steam escape. Brush the surface with the remaining egg.
- Bake for 45 minutes, until the surface turns golden brown.

Tip

Make sure to stir the pot often so the flour doesn't stick to the bottom. When the dish is ready, allow it to sit for 10 minutes before serving.

Ingredients

- 500 g pork, neck
- 3 tablespoon(s) olive oil
- 1 egg
- 1 puff pastry sheet
- 1 onion
- 1 clove(s) of garlic
- 2 carrots
- 250 g champignon mushrooms
- 1 zucchini
- 1 fennel bulb
- 2-3 stick(s) celery
- 2-3 potatoes, boiled
- 1 chicken bouillon cube
- 1000-1200 g water
- 200 g white wine
- 60 g all-purpose flour
- 250 g heavy cream 35%
- 1/2 bunch parsley, finely chopped
- 1 tablespoon(s) thyme, dry
- 1 teaspoon(s) mustard, powder
- 1 bay leaf
- salt
- pepper

Διατροφικός πίνακας

Nutrition information per portion

609 Calories (kcal)	41.0 Total Fat (g)	19.0 Saturated Fat (g)	39.0 Total Carbs (g)
30%	59%	95%	15%
5.3 Sugars (g)	20.0 Protein (g)	3.6 Fibre (g)	1.1 Sodium (g)
6%	40%	14%	18%