



Open-faced meat pie

30'
Hands on

60'
Cook Time

8-10
Portion(s)

2
Difficulty



Ingredients

For the filling

- 8-10 tablespoon(s) olive oil
- 1 kilo beef, shank
- salt
- pepper
- 2 tablespoon(s) all-purpose flour
- 2 onions
- 3 carrots
- 1 tablespoon(s) thyme
- 1 teaspoon(s) granulated sugar
- 1 tablespoon(s) tomato paste
- 150 g red wine
- 100 g stock, beef
- 3 bay leaves

To assemble

- 320 g kourou dough sheets
- 50 g feta cheese, grated
- 300 g [French fries](#)
- 150 g mixed cheeses

To serve

- thyme
- pepper

Method

For the filling

- Place a [frying pan](#) over high heat and add 5-6 tablespoons olive oil.
- **Cut** the meat into 2-3 cm pieces and add them into a bowl. Add salt, pepper, the flour, and mix well.
- Add the meat pieces into the frying pan and sauté until golden brown on all sides.
- At the same time, place a [pressure cooker](#) over high heat and add 2-3 tablespoons olive oil.
- Coarsely chop the onion, cut the carrots into crescents, and add them to the pressure cooker. Add the thyme.
- Drain the meat and add it to the pressure cooker with the rest of the ingredients.
- Add the sugar, the tomato paste, and sauté. Deglaze with the wine, add the stock, the bay leaves, salt, pepper, and 1 tablespoon olive oil.
- Seal the pressure cooker with the lid, turn the safety valve to the proper pressure indicator, lower the heat to medium and boil for 20-30 minutes.
- As soon as it is ready, turn the safety valve so that the pressure cooker depressurizes. Alternatively, turn off the heat and allow 5-10 minutes for the pressure cooker to depressurize on its own.
- Set aside to cool.

For the kourou dough

- Preheat the oven to 160° C (320° F) set to fan.
- Spread the kourou dough into a 28 cm tart pan and press it well to shape it as the pan. Make sure that the dough sticks from the sides of the pan in order to maintain its shape during baking.
- Prick the base with a fork, on several spots, and spread some plastic wrap. Fill with legumes as pie weights and bake for 30 minutes.
- Set aside to cool.

To assemble

- Increase the oven's temperature to 200° C (390° F) set to fan.
- Cut the dough all around the tart pan, using a serrated knife.
- Add the meat, the feta cheese, the potatoes, the mixed cheeses, and bake for 10-15 minutes until golden.
- Serve with thyme and pepper.

Διατροφικός πίνακας

Nutrition information per portion

512 Calories (kcal)	30.0 Total Fat (g)	12.0 Saturated Fat (g)	30.0 Total Carbs (g)
26%	43%	60%	12%
5.0 Sugars (g)	30.0 Protein (g)	3.4 Fibre (g)	1.7 Sodium (g)
6%	60%	14%	28%