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R121

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GF Friendly

Savoury Meat Slice

Savoury meat mince with a shortcrust pastry topping

My original idea was to make faggots, but the recipes found were complex and used ingredients that might deter many cooks. So I came up with this simplified version. The type of meat mince is optional – I went with pork and veal and it was very tasty. Although not included, spices could be added if fancied. The volume of shortcrust pastry will depend on the size of the dish. I used 35.6cm (14 inch) rectangular baker. Most of the ingredients were put through a food processor to produce a puréed mixture. If you don't have one, grate the vegies, crumble the bread; then mash everything except the meat mince together.

500g pork and veal mince
2 lamb's kidneys
2 slices white bread
½ medium onion, chopped
1 stick celery, chopped
1 tsp chicken stock powder
1 tsp Worcestershire sauce
1 tsp mixed herbs
1 egg

200-300g shortcrust pastry*
*see recipe R56 (reduce ingredient quantities as appropriate)

Cut the bread into small cubes and process to make breadcrumbs. Put this in a large bowl. Remove the piping from the kidneys and cut small. Lightly beat the egg in a dish. Except for the meat mince, process the vegetables until fine; then add the rest of the ingredients including the kidneys and egg (reserve a little egg for brushing the pastry) and continue processing to make a purée. Add this to the bowl with the breadcrumbs and combine well. Finally mix in the meat mince thoroughly.

Line the baking dish with baking paper. Press in the meat mixture and level off; then top with pastry. Brush this with egg (or milk) and bake on 160°C fan-forced (175°C conventional) for 40-45 minutes, or until crust is golden brown.

Serves 4-6 with extra vegetables   Freezes well

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