



Chunky Vegetable Pie

Serves 4



Seasonal vegetables in a parmesan crust served with a fresh tomato and red pepper liquor & chive mash





The recipe

This recipe has four parts

1. filling
2. pastry
3. mash potato
4. liquor (gravy)

Like many recipes you have to manage and organise the order that you make each element in. Timing is an essential part of cooking any meal. You could choose to make the pastry and filling in a separate lesson and freeze them until you are ready to make the finished dish. You could leave out the potato as there is carbohydrate in the pastry and filling to provide energy. The recipe is shown in the correct order for making the dish in one go. Break it down into manageable parts as recommended if your kitchen time is limited.



Ingredients for pie filling

1. 30g butter
2. 1 small onion
3. 2 sticks of celery heart
4. 3 medium courgettes
5. 1 clove garlic
6. 30g plain flour
7. ½ butternut squash
8. 180g goats cheese
9. 300ml semi-skimmed milk
10. Fresh parsley and tarragon





Equipment

1. Steamer
2. Saucepan with lid
3. Chopping board
4. Vegetable knife
5. Vegetable peeler
6. Heatproof spoon
7. Measuring jug
8. Grater
9. Weighing scale

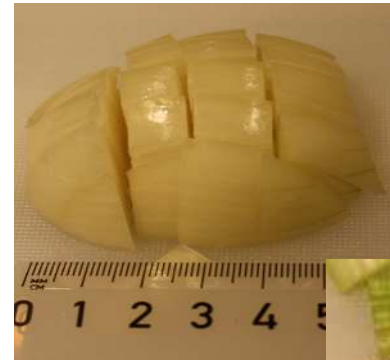




Make the filling

Prepare the vegetables

- Peel the onion and cut into 1 cm dice
- Wash the celery and cut in half lengthways and then into 2cm slices
- Peel the butternut squash and cut into 2cm chunks
- Wash the courgettes and cut in half and then into 2cm chunks





Filling cont....

1. Place the squash in the steamer and cook for 8-10 minutes or until tender remove from the heat and cool.
2. Heat the butter in the saucepan and add the onion and celery.
3. Cook with the lid on for 5 minutes (do not allow the vegetables to brown)
4. Add the courgettes and cook for a further 5 minutes then stir in the flour, fresh herbs and milk.





Filling cont.....

5. Add black pepper to taste and stir sauce over a gentle heat until thick and creamy.



6. Remove the sauce from the heat and allow to cool.

7. Cut the cheese in half and then into cubes and add to the sauce.



8. Gently stir in the cooled butternut squash.



9. Refrigerate sauce until required.



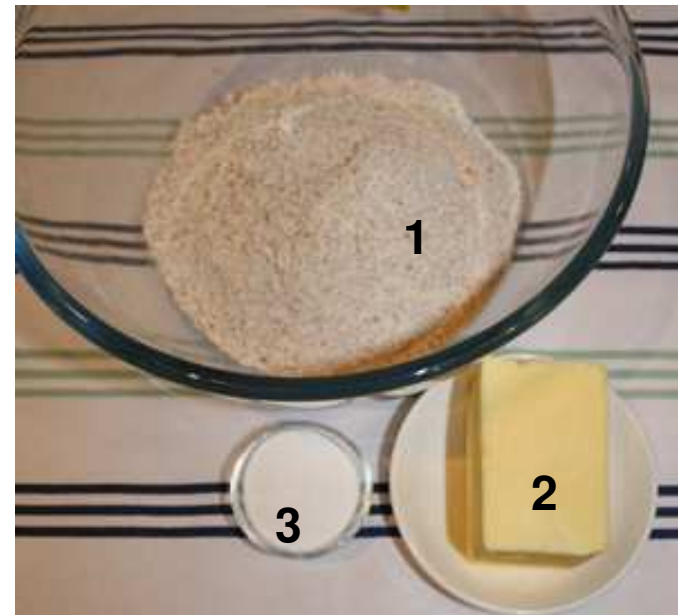
To make the pastry

Ingredients

1. 200g plain wholemeal flour
2. 100g butter
3. 2 x 5ml spoons baking powder
4. 25g grated parmesan cheese (not shown)
5. 3 x 15ml spoons water (not shown)

Equipment

Weighing scale, Mixing bowl, table knife, 1x15ml spoon, rolling pin, 4 x 12cm diameter pie tins or 4 individual or 1 large pie dish.





Make the pastry

1. Place the flour in the mixing bowl
2. Cut the butter into small chunks and add to the flour
3. Rub the butter into the flour with your fingertips until it looks like breadcrumbs
4. Stir in the grated parmesan cheese and add the water
5. Mix well then press with the spoon to form a dough.
6. Place pastry on a clean floured surface.
7. Divide the pastry into 4.
 1. Divide each quarter into 2 ($\frac{1}{3}$ for the top and $\frac{2}{3}$ for the base)
 2. Roll out the base and line each pie tin.





Assemble the pies

1. Preheat the oven to 190°C/170°C fan /gas mark 5.
2. Divide the filling between the four pie tins
2. Roll out the lids and seal the pies
3. Prick the tops with a fork to allow steam to escape during cooking
4. Place the pies in the pre-heated oven and cook for 25 minutes or until golden brown.
5. While the pies are cooking put the potatoes on to cook and make the liquor.





Chive mash

Ingredients

700g Vivaldi or other creamy potatoes

1x 15ml spoon fresh chopped chives

100ml semi skimmed milk

Equipment

1. Chopping board
2. Vegetable knife
3. Vegetable peeler
5. Saucepan with lid
6. Colander
7. Potato masher

1. Peel and cut the potatoes into chunks
2. Place the potatoes in a saucepan of water bring to the boil and simmer for 20 minutes, until soft. While the potatoes are cooking make the liquor (see next slide)
3. Drain the potatoes in a colander, return to the saucepan and mash with the milk and chives.
4. Keep warm until required.



To make the liquor

Ingredients

- 1 x 10ml spoon sunflower oil
- 1 medium red onion
- 1 clove garlic
- 1 Romano pepper
- 3 large ripe vine tomatoes
- 1 2.5ml spoon crushed chilli flakes
- 250ml vegetable stock

Equipment

1. Chopping board
2. Vegetable knife
3. Vegetable peeler
5. Saucepan with lid
6. Hand blender (optional)

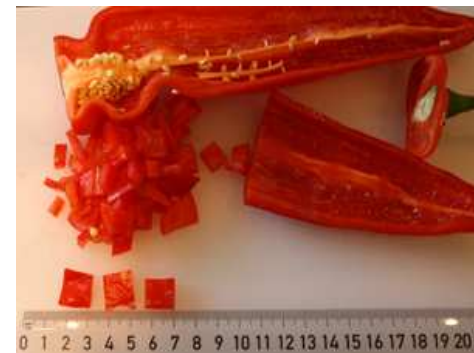




To make the liquor

Prepare the vegetables

- Peel the onion and cut into ½ cm dice.
- Wash and deseed the pepper and cut into 1 cm dice.
- 3. Wash and halve the tomatoes.
- 4. Cut tomato into 1 cm dice.
- 5. Finely chop the garlic.





To make the liquor

1. Heat the sunflower in a saucepan and add the onions, garlic and peppers. Sweat with the lid on for 8-10 minutes over a low heat until soft. Do not allow to colour.
2. Add the crushed chilli, tomatoes and stock and simmer for a further 10 minutes until the tomatoes have cooked and softened.
3. Once the sauce has cooked you can either leave chunky or blend until smooth.





Assemble the dish

1. Make sure the potato and sauce are hot.
2. Place a pie on a warmed plate.
3. Spoon a portion of chive mash onto the plate.
4. Pour some of the tomato liquor around the pie and mash.
5. Serve immediately,

