

CANADIAN MEAT PIES

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Preparation Time; 13 hours

Cooking Time; 30 minutes.

This recipe will give you 8 Meat Pies of 8 ¾ inches.
The meat Pies can be frozen individually and covered with cellophane or aluminum paper.

PREPERATION OF THE MEAT; TO BE PLACED IN THE FRIDGE 12 HOURS BEFORE COOKING.

Add only the following ingredients with the meat to be seasoned in the Fridge.

- 3 pounds **or 1.36 kg** of Lean Ground Beef.
- 2 pounds **or .907 kg** of Lean Ground Pork.
- 1 Table Spoon of Salt.
- 1 Tea Spoon of Black Ground Pepper.
- 1 Tea Spoon of Allspice, also know as (Piment de la Jamaïque moulu)
- 2 Yellow Onions (medium) cut in small pieces.

Mix the meat well with your hands with the onions and all the above seasonings then put in a bowl large enough to hold all the meat but not too large to fit in the fridge. The meat must season in the Fridge at least 12 hours **minimum** before cooking the meat, but this time can be longer. For example if you want to do the Meat Pies the next day at 8 am you must mix the meat with the above ingredients and put it in the fridge no later then 8 pm the previous night. The next day you can do the Meat Pies anytime after 8 am. So mix well all the meat with the onions and seasonings and cover the bowl and put it the fridge till the next day.

PREPERATION OF THE PLATES

Pre grease all the cooking plates in the bottom and the sides with some Crisco grease using your fingers and then powder some flour all over the surface of the plates. This will prevent the dough from sticking to the plates, and when done put the plates aside for now.

COOKING THE MEAT

Add all the ingredients below,
with the Meat for cooking the Meat.

- 2 Cups of Water.
- ¼ Tea Spoon of Allspice
- 1 Tea Spoon of Salt.



Cook the Meat at medium heat with all the above spices and the two cups of water. Stir well until the Meat is dark and well cooked. Near the end of the cooking if there is not enough juice in the Meat you can add gradually ½ a cup of water but only if needed. I never had to add more water to the meat other then the two cups. **You will have to adjust depending of the fat content of the meat. The meat must be thick enough with some juice but not too juicy and not too thick and dry. Only the experience will tell you if there is enough juice or not.** Normally the meat used for the meat pies should be as lean as possible for this recipe to work well. My mother made her Meat Pies very juicy because shed did not use lean meats and only Pork and no Beef, so her Meat Pies where much fatter then mines. It's a question of taste I guess, so you will have to decide. If you think you will reheat the Pies a couple of time in the oven to consume them it will be better if there is more juice in the pies because they will become too dry when reheated. Once the meat is cooked turn the heat to very low and make the dough.

PREPERATION OF THE DOUGH

This dough is also good for apple pies Rhubarb, Strawberry, Raspberry or Blueberry and any other pies.

- 1 Pound of Crisco Grease. (The grease must be at room Temperature)
- 1 Tea Spoon of Salt.
- 6 Cups of White Flour. (All purpose White Flour)
- 1 Tea Spoon of Magic Baking Powder.
- 1 ½ Cup of Lukewarm Water.
- 6 Pie Plates of 8 ¾ inches.
- ½ Cup of Milk.
- 1 Tea Spoon of white Sugar.



In a Dough Mixer or by hand with a potato masher, incorporate the ingredients in the order below.

- 1-** Place **one pound of Crisco Grease** in the bowl and cover with **1 Tea Spoon of Salt** and one **First Cup of Flour** and mix well.
- 2-** Add a **second cup of Flour** and **1 Tea Spoon of Magic Baking Powder** and mix well.
- 3-** Add a **Third Cup of flour** and mix well.
- 4-** Add a **Fourth Cup of flour** and **one Cup of Lukewarm water** and mix well.
- 5-** Add a **Fifth Cup of Flour** and mix well.
- 6-** Add finally the **Sixth Cup of Flour** and **½ Cup of Lukewarm Water** and mix well.

After the six cup of Flour use your hands to mix the dough like when you are making bread. If the paste is too sticky add some flour and mix well. If you have done your mix well with good proportions the Dough should be easy to roll and won't brake apart and you should not have to add water. If it breaks apart it means that there is not enough water but if you add too much water the dough will become too hard when cooking. If you have to add more water only put a couple of Teaspoon at a time, it does not need very much to make a big difference. Add some flour when rolling the dough if it is too sticky. Do not roll the dough too thick or you won't have enough Dough to make the 6 Pies. Place the bottom Dough in the plate's and add a little more then half the height of the plates with Meat and some liquid from the meat. Then roll the top dough and make two incisions in the middle of the Dough to let the steam out and to prevent the pies from leaking in the sides. Pinch around the pie with a fork on the top and hold the bottom side with your finger to glue both of the Dough together. Do the same for all the pies and when they are all done Mix ½ cup of milk with one Tea spoon of white sugar and brush the milk all over the top of the pie. Use a brush or your fingers but don't put too much milk, it should be absorbed in the crust but not making any puddles. The Milk will prevent the pie crust from burning and cooking too fast, it will cook to a golden brown and more evenly. **Pre heat the oven at 350 degrees F. and place the pies in the middle grill.** This should take from 20 to 30 minutes to cook to a golden brown crust but not burned on the sides. If you see that the crust start to become too dark on the sides, its time to remove them, they are done and ready to eat. Do not over cook if you want to cook them again to consume them later. In this case only cook them until when they start to get the golden brown color.

BON APPÉTIT.