



# QCOOK

## Homemade Ostrich & Ale Pie

with plump peas

**Hands-on Time:** 45 minutes

**Overall Time:** 55 minutes

**Adventurous Foodie:** Serves 1 & 2

**Chef:** Ethan Shahim

**Wine Pairing:** Creation Wines | Creation Pinot Noir

Nutritional Info	Per 100g	Per Portion
Energy	626kJ	6114kJ
Energy	150kcal	1464kcal
Protein	5.1g	49.9g
Carbs	14g	132g
of which sugars	1.9g	18.1g
Fibre	1.3g	12.6g
Fat	7.1g	69.6g
of which saturated	3.6g	35g
Sodium	110mg	1072mg

**Allergens:** Sulphites, Egg, Gluten, Wheat, Cow's Milk, Allium

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200ml	400ml	Cake Flour
50g	100g	Butter <i>cut into cubes</i>
150g	300g	Free-range Ostrich Strips <i>cut into bite-sized pieces</i>
100g	200g	Leeks <i>trim &amp; cut in half lengthways; thoroughly rinse &amp; finely slice</i>
120g	120g	Carrot <i>rinse, trim, peel &amp; finely dice</i>
15ml	30ml	Tomato Paste
1	1	Milk Stout
25ml	50ml	Gravy Base
40g	80g	Peas
50g	100g	Spinach <i>rinse &amp; finely shred</i>
2.5ml	5ml	Dried Chilli Flakes
40ml	80ml	Crème Fraîche

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Paper Towel  
Egg/s  
Butter  
Rolling Pin  
Milk (optional)  
Water  
Cling Wrap

**1. PIE PASTRY** Preheat the oven to 200°C. Place the flour in a bowl, and reserve a tablespoon for later. Using your fingers, rub the butter cubes into the flour. The final mixture should look like coarse breadcrumbs. In a separate bowl, whisk together 1 egg and a pinch of salt. Using a fork, mix ½ of the whisked egg into the flour mixture. Using your hands, bring the dough together. You don't want to over-knead the mixture! Wrap in cling wrap and set aside in the fridge.

**2. A FILLING PIE FILLING** Place a pot with a lid over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, fry the ostrich until browned, 1-2 minutes (shifting occasionally). Remove from the pot and season. Return the pot to medium-high heat with a drizzle of oil or a knob of butter (optional). When hot, fry ¾ of the leeks until soft, 3-4 minutes (shifting frequently). Add the carrots and tomato paste, and fry until fragrant, 3-4 minutes. Deglaze the pot with 50ml [100ml] of the milk stout. Reduce the heat, return the ostrich strips to the pot, add a splash of water, and whisk in the gravy base. Simmer until thickened, 2-4 minutes. Remove from the heat, add the peas, and the seasoning.

**3. COVER & BAKE** Sprinkle some of the remaining flour on a flat surface. Remove the pastry from the fridge and place on top of the flour. Dust a rolling pin (or bottle) with flour and roll out the dough to 5mm thickness. Spoon the pie filling into individual ramekins or a small, deep, oven-proof dish. Carefully lay the rolled-out shortcrust pastry on top of the pie filling, trim off any excess pastry, and push down the edges to seal. Lightly brush the top of the pastry with milk or the remaining egg and use a knife to pierce a few holes in the top. Bake in the hot oven until the pastry is golden and cooked through, 15-20 minutes.

**4. CREAMY SPINACH** Place a pan over medium-high heat with a drizzle of oil or a knob of butter (optional). When hot, fry the remaining leeks until soft, 2-3 minutes (shifting frequently). Add the spinach and chilli flakes, season, and cook until wilted, 2-3 minutes. Remove from the heat and mix through the crème fraîche. Loosen with milk (optional).

**5. MY, MY HOMEMADE PIE!** Remove your pie from the oven, bowl up the cream spinach, and enjoy dinner, Chef.