



QCOOK

Homemade Ostrich & Ale Pie

with plump peas

Hands-on Time: 55 minutes

Overall Time: 65 minutes

Adventurous Foodie: Serves 3 & 4

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 3	[Serves 4]	
600ml	800ml	Cake Flour
150g	200g	Butter <i>cut into cubes</i>
450g	600g	Free-range Ostrich Strips <i>cut into bite-sized pieces</i>
300g	400g	Leeks <i>trim & cut in half lengthways; thoroughly rinse & finely slice</i>
240g	240g	Carrot <i>rinse, trim, peel & finely dice</i>
45ml	60ml	Tomato Paste
1	1	Milk Stout
75ml	100ml	Gravy Base
120g	160g	Peas
150g	200g	Spinach <i>rinse & finely shred</i>
7.5ml	10ml	Dried Chilli Flakes
125ml	160ml	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 2 eggs and a pinch of salt. Using a fork, mix $\frac{3}{4}$ of the whisked eggs 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 $\frac{3}{4}$ 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 soft, 3-4 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.