

Individual Meat Pies



Serves	12
Prep time	1 hour, 30 minutes
Cook time	30 minutes
Total time	2 hours
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	Amines Challenge , RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Lunch , Main Dish
Misc	Child Friendly , Freezable , Pre-preparable , Serve Hot
Region	Australian

Ingredients

- 300ml veloute made with vegetable stock and cream, thick (Refer to recipe)
- 500g mince (beef/lamb/chicken or pork (amines))
- 6 sheets butter puff pastry
- 3 spring onions (finely chopped)
- 1 teaspoon minced garlic
- 1 tablespoon rice bran oil
- 1/2 cup no-tomato sauce (Refer to recipe)
- 1 egg, lightly beaten, or milk (for brushing)

Directions

1. Heat the oil in a large frying pan and add the spring onions and garlic. Cook over medium heat 2 - 3 minutes until soft.
2. Add the mince and cook until cooked through. Drain off any excess oil.
3. Add the veloute and no-tomato sauce and bring to a simmer. Simmer until the sauce is thick. Remove from the heat and allow to cool completely before using.
4. Defrost the puff pastry and cut four circles from each piece of pastry to fit the pie mold.
5. Divide the mince mixture into 12 portions. Lightly dust the pie mold with flour and line with one piece of pastry, place one portion of mince on top then brush the edges with egg. Place a second piece of pastry on top and press down. Remove the pie from the mold and repeat for the remaining pies.
6. To store the pies in the freezer, place them between sheets of baking paper and store in a zip lock bag or plastic container.
7. To cook the pies, preheat the oven to 180°C. Place the pies onto baking trays lined with baking paper and brush the tops with egg. Bake for 25 - 30 minutes.
8. Serve with your favourite FAILSAFE condiment, such as pear sauce, pear chutney or no-tomato sauce.



Note

Low Chemical / Failsafe, Amines if using pork

Veloute is a sauce made from stock, the recipe can be found [here](#). I left out the cream for this recipe.

The no-tomato sauce recipe can be found [here](#).