

Beef and Onion Plait

Ingredients;

450-500g /1 lb beef mince

1 onion diced

2 cloves of garlic crushed

2 carrots diced

1 tablespoon flour

1 tablespoon tomato puree

1 beef stock cube

1 teaspoon mixed herbs

125ml/ ¼ pint of water

1 sheet puff pastry [coeliac puff pastry is now available in shops]

1 egg with a splash of milk to egg wash

Method;

1. Preheat oven to 200 C / Gas mark 6.
2. Brown off mince in a hot pan, add carrots, onion and garlic until veg is soft.
3. Crumble in stock cube, add tomato puree and flour to form a paste.
4. Add mixed herbs, seasoning and water to make a sauce and cook for 10mins.
5. Leave to cool. Next mark out pastry in 3 lengthways but do not cut.
6. Cut 1 cm slits on the 2 outside parts of the pastry leaving the middle whole.
7. Place pastry on tray and add cooled beef mix down the centre.
8. Seal the end by folding over 2 of the bottom pastry leaves.
9. Plait pastry over and back until the end. Seal the other end.
10. Brush with egg wash and bake at 200 C / Gas mark 6 for 25-30mins.