

STEWED BOEREWORS PIE



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Ek het sommer 'n lekker slaai saam met die pasteitjies bedien.

5 ml sunflower oil

1 onion, chopped

1 clove garlic, crushed

750 g boerewors

30 ml cake flour

30 ml tomato paste

1 x 410 g can tomato and onion gravy

1 cup peas and diced carrots

150 g button mushrooms

125 ml flat-leaf parsley, chopped

salt and freshly cracked black pepper

250 g ready-made puff pastry, defrosted

1 egg, beaten

Heat the oil in a large saucepan.

Add the onion and fry until softened.

Add the garlic and fry for 2 minutes more.

Remove from the pan and set aside.

Chop the boerewors into evenly sized pieces, about 2 cm thick.

Add the boerewors to the same pan and brown the pieces lightly.

Drain any excess fat and return the onions and garlic to the pan.

Add the cake flour and stir to mix.

Stir in the Tomato Paste and the Tomato and Onion Gravy and bring the sauce to the boil.

Reduce the heat.

Add the button mushrooms, peas and carrots and parsley.

Season to taste and simmer for 15 minutes more or until the mushrooms are cooked and the sauce is thick.

Set aside to cool.

Once the mixture is cool, prepare the pie dishes.

Very lightly roll out the pastry to just a little bit larger than the pie dish.

Place the cooled pie filling into the pie dish.

Brush the edge of the dish with water and place the pastry over the top, sticking the edges to the pie dish.

Make a hole in the middle of the "lid" with the tip of the knife to let steam escape as the pie bakes.

Brush the pastry with the beaten egg.

Bake in a preheated oven at 190°C for 30 – 35 minutes until the pastry is crisp, puffed up and deep golden brown.

Photo: Louise Cronje