

Shepherd Pie Pockets

This pastry recipe is a quick and modified version to the Nigerian meat pie I grew up loving. It is delicious, hearty and comforting. It is also a great way to have your kids & loved ones enjoy vegetables. Don't forget! You will win hearts with this in any potluck event or presents.

Prep: 25 mins **Cook:** 45 mins **Total:** 70 mins

Servings: 1 **Yield:** 16 servings

Ingredients

Pie filling

1 lb ground beef (93% lean)
3 small russet potatoes, peeled, cubed
½ red onion, diced
1 C frozen carrots, diced
1 C frozen peas
½ C spring onions, diced
2 tbsp ketchup
½ tsp cumin, ground
¼ tsp nutmeg, ground
2 tsp Worcestershire sauce
2 tbsp cup olive oil
salt and ground black pepper
1 C Cheddar cheese, sharp, shredded

Pockets

2 boxes pie crust, store bought
2 eggs, whisk (for egg wash)
½ tsp sugar, granulated (optional)

Preparation

(Pie filling)

1. Place dry pot over medium heat stove, add in oil and heat
2. Add in red onions, spring onions, carrots, and sauté for 3-minutes, stirring frequently to prevent burning.
3. Add in peas, potatoes and keep stirring for additional 3-minutes.
4. Add in ground beef and brown, breaking meat into pieces. Season with salt and pepper.

5. After browning meat, add enough water to slightly cover the meat surface. Season with more salt and pepper to desired taste.
6. Add in Worcestershire sauce, ketchup, cumin, nutmeg, and cook covered over medium heat until potatoes are very tender, and the filling is thick.
7. Remove from heat. Set aside to cool completely
8. After cooling, mix in cheese and set aside

Pockets making

1. Heat oven to 425 F
2. Place one (1) cold pie crust on a flat surface and divide into 4 quadrants.
3. Fill each quadrant with cool pie fillings.
4. Brush round edges with egg wash.
5. Gently close the pockets and seal edges with a fork.
6. Place on parchments papers in baking sheet pans
7. Repeat step 1-6 until the crust or filling is finished
8. Add sugar to egg wash, mix and brush over pastry pocket
9. Place in oven and bake until golden brown with flaky texture (15-20 minutes)
10. Serve warm

Note: potatoes can be substituted with any potato except sweet potatoes. If water dries up before potato becomes tender, add in more water until potatoes cooks and the filling is thick.

Recipe credit:

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