



Cornwall's Stargazy Pie



#COOKWITHASTER

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CELEBRATING
UNUSUAL
REGIONAL PIES

Cornwall's Stargazy Pie

Ingredients.

500g shortcrust pastry

4 eggs: 1 beaten to glaze,
3 hard boiled & roughly
chopped

7-8 herring gutted, cleaned,
boned, & heads left on
you can also use mackerel
& pilchards

150g white breadcrumbs

50ml milk

3-4 tbsp parsley chopped

1 lemon juiced & rind

1 onion chopped

1/2 tsp salt
season to taste

1/2 tsp pepper
season to taste

110g streaky bacon rind
removed & chopped

150ml cider use a local
Cornish brew if possible

Step 1.

Soak breadcrumbs in milk until moist, mix with lemon juice and rind, half the chopped onion plus most of the parsley and seasonings. Use this mix to stuff fish, scattering any leftover over the base of a deep, round 23cm or similar pie dish.

Step 2.

Arrange fish in the dish with their heads sticking up towards outer edge, scatter the remaining onions and parsley, chopped bacon and chopped eggs in between the fish, season well and carefully pour in the cider.

Step 3.

Roll out pastry to fit the top of the pie dish, use trimmings to make a pastry rim to help the lid to stick to the top.

Step 4.

Place pastry on top of pie and make slits in top where the heads are and then poke them through so they stand up. Press edges firmly together to deal, trim and brush top with beaten egg. Make a couple of slits or holes in centre to allow steam to escape and bake for 40-50 mins until pastry golden brown. Scatter with chopped parsley to serve. Then serve!





Hampshire's Rasher Pudding

(A BACON AND ONION PIE)



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Hampshire's Rasher Pudding

(A BACON AND ONION PIE)

Ingredients.

200g self raising flour
110g beef suet
200ml cold water
1 large onion (sliced)
10-12 rashers streaky bacon
1 beef stock cube
Knob butter
to taste pepper

Step 1.

Mix together the flour and suet, gradually add water but by bit until you get a dough like consistency. If too sticky add more flour. You want a nice ball of dough that you are able to roll out to about the thickness of a pound coin. Then Place in a greased pudding mould.

Step 2.

Season with pepper and place a layer of onions all over. Then crumble over a stock cube. then a layer of bacon. Repeat until your pudding bowl is full and ready to be topped off with a pastry lid.

Step 3.

Place 2 large foil balls into the slow cooker on low and add some boiling water into the bottom. Place the pudding on top of the balls so it's not sitting in the water. Place lid onto slow cooker and cook for 6-8 hours.

Note: This can also be done in the steamer and will take around 2 and 1/2 hours.





Gloucestershire's **Squab Pie**

(NOW MADE WITH LAMB)



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Gloucestershire's Squab Pie

(NOW MADE WITH LAMB)

Ingredients.

3 level tbsp cornflour
1 tsp mixed spice
1 tsp soft brown sugar
450g lamb steaks,
cut into bite-sized pieces
(Or use baby pigeon if
you want to follow the
traditional recipe)
1 red onion, halved
and finely sliced
1 large eating apple,
peeled, cored and
finely sliced
400ml cold lamb stock
500g shortcrust
pastry flour
1 free-range egg, beaten

Step 1.

Pre-heat the oven to 200°C/180°C Fan/Gas 6. Mix the cornflour, mixed spice and soft brown sugar in a bowl. Add the chopped lamb steaks and toss together. Layer the lamb, red onion and apple in a pie dish. Sprinkle on any leftover cornflour mixture and pour on the lamb stock.

Step 2.

On a lightly floured surface, roll out the pastry to the thickness of a pound coin. Cut out a lid large enough to cover the dish and a long strip to go around the edge. Wet the edge of the dish and press on the strip of pastry. Cover with the pastry lid and crimp the edges. Cut two slits in the middle of the lid to allow steam to escape.

Step 3.

Brush the pie with beaten egg and bake for 10-15 minutes or until the pastry starts to brown. Turn down the heat to 160°C/140°C Fan/Gas 3 and cook for 1 hour. Cover the pie loosely with foil if the top starts to brown too much.

