



# A Season of Happiness



a Free recipe with our compliments

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R12

**GF Friendly**

## Encore Pie

a new meal from yesterday's left-overs

Play it one more time, Sam. Here's a dish which uses up those odds and ends left over from a previous meal. A handful of carrots and peas, a couple of boiled potatoes, some Bolognese sauce, even that part-serve of curry or stew which is barely enough for a snack, all of these can be combined to make a tasty, budget-saver meal for the whole family.

Left-over main ingredient – can be:  
meat sauce, a rasher or two of bacon, some curry,  
small bits of chicken, maybe a diced steak or chop.

Don't forget the vegies – cooked carrots, cauliflower,  
celery, peas, beans, fried onions etc.

Then you may need some gravy or sauce.



Select a suitable pie dish, or sufficient individual ramekins for the starving hordes. Place all of the filling ingredients in a bowl and judge whether there will be enough to make the pie(s). If not, cook a few more extra vegies on the stove or in the nuke (microwave). Mix these in carefully with the rest of the ingredients. The consistency should be that of a thick, chunky soup. If it looks a little dry, cook up a small amount of gravy (you can use a thick cup-a-soup) and stir this in. Spices can also be added to change the flavour from last-night's dinner. Place the mixture in the dish, or divide it between the ramekins and set aside while you make the pastry.

## Easy Shortcrust Pastry

100g plain flour  
50g self-raising flour  
15g maize (corn) meal

30ml no-cholesterol oil (canola or olive)  
½ tsp salt (optional)  
70ml cold water

Mix flours and salt in a bowl, pour in the oil then work in by mashing with the back of a fork until it resembles fine breadcrumbs. Make a well in the centre and add the water a little at a time, mixing in with the fork until the dough collects together in a soft ball – avoid making it too sticky. If using a single pie dish, roll out on a floured board; for the ramekins, divide the dough first, then roll. Place the topping over the pie(s) and poke a couple of holes to allow the steam to escape, brush with milk, then bake 190°C (175°C fan forced) for about 35 minutes, or until starting to brown. With side vegetables or salad, serves up to 4.

For gluten-free pastry, see ingredients and method in **Healthy Living article HL15 – Gluten-Free Food.**

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