

Sharon Rudd's recipe:

Liquor

50 grams butter
5Tbs flour S R or plain
1 knorr fish stock pot 2 pints hot water
1 tsp vinegar
A good pinch white pepper
A good pinch salt
25gram flat leaf parsley

Melt the butter in a large saucepan

Add the flour combine with a wooden spoon on a low heat to make a Roux

Cook this out about 1 min to take the rawness out of the flour

Now add all the ingredients EXCEPT the parsley at this point It will be extremely lumpy I used to use a balloon whisk but now I use a hand blender Bring your liquid to a gentle boil it should be a nice consistency Now if not just mix more flour with cold water & add so It thickens this bit can be a bit trial & error Next trim off the dried ends of the parsley Rinse add the whole bunch & blend again that's about it use now or freeze Try to cover it as it does form a skin quite quickly as it cools If using from frozen defrost & then in a saucepan reheat but keep stirring as it can be a bit gloopy If it's too thick add a little water to thin add a cold water & flour mix. But keep stirring it will come together

I like using flat leaf parsley but you. Can use what you like curly is harder to rinse I get my parsley from my co op which comes in 25 gm pkt & the reason I don't put my parsley in. Until my liquor is the right consistency it went a really funny colour I Also some time add some Thai fish sauce this my interpretation but tweak it. To your preference

Another little snippet I was told by a proper pie & liquor maker was gets some green food dye from the cake isle as even the professionals. Get it wrong I've got some but have only used it a couple of times

This will make 8 -12 pies

750 grams. Of the best mince you can get 1 knorr VEGETABLE stock pot 1a pinch of salt & black pepper

1/4 cup of milk

The milk helps to tenderise the meat Beef mince, cover the mince with water, Bring to the boil & simmer. 30 -40 minutes. You will get a scum on the top. So if you want to skim off. Do sometimes I do some times I don't it doesn't seem to make much difference But if you use a cheaper mince. Let it cool & get the set fat off the top.

Pastry Bottoms. Is just a basic suet pastry

250 grams. S R flour

100 grams of atora suet

Pinch of salt.

Enough cold water to make a soft dough

Using a flat blade knife bring together. Now knead. Like you were making bread About 4 minutes

This is now your pie bottoms. Cover in cling film It doesn't need to go in the fridge

Tops

Were making. Flaky pastry But I'm not good at making short crust So I make The same suet. Mix But when you get to the bit where you've kneaded it. Cut it into 2. As this makes the next step easier roll into an oblong

Now using your chosen lard I use cookeen Sorry I forgot this bit. Get this to room temperature & randomly spread very thinly over your oblong now fold one end to the middle then the other over that. Now roll again to an oblong. & repeat the spreading Fold again Do this 3- 4 times

wrap in cling film & put in fridge Do the same now with the rest of the pastry this is now a flaky pastry If you got time it's ideal to pop it in the fridge after each. Fold I use foils which I oil Olive or any veggie oil Assemble your pies Adding a little of the light gravy brush the tops with a little milk This is when I freeze them or if I want to eat today. I'll bake In a Bain Marie dish of water 20 - mins 190% 200% & Cos I like my pies a bit charred. I pop them under a VERY hot grill But if you do this don't take your eyes of them they char very quickly This is my really quick liquor recipe method

You must have a hand blender

Using the exact quantities of ingredients except the butter. There's no butter in this recipe Water in a saucepan it doesn't matter if it's cold warm or boiling now add all the other ingredients except the parsley now blend. Hay presto no lumps now bring to the boil add the whole bunch of parsley blend again hay presto no hand chopping the parsley simmer a minute that's it Done I still prefer my original recipe but this is good

Hi it's me again

In my mince recipes I say to add a 1/4 cup of milk. Well you don't have to sometimes I do sometimes I don't

But what I do do now is squidge the raw mince through my fingers. This breaks it down & it looks more like the filling in a proper shop pie. X