

Easy as pie!

Few things are more comforting or satisfying than homemade pie! Any food that combines cooking with baking and is all about that loving attention that goes into making something that is so yummy, buttery and crumbly or savoury, rich and hearty is hard to beat. Understated and underestimated at times, we have to admit that nothing comes close to capturing the essence of comfort food than the combination of rich, melt-in-your-mouth pastry and smooth, scrumptious filling. It may not be the most sophisticated of dishes, but this is our ode to the ever humble pie!





01 | PASTRY BASICS

BASIC SHORTCRUST PASTRY:

250g plain flour
125g chilled butter, cubed
1 egg yolk, whisked into
1 tablespoon chilled water

Sweet Shortcrust Pastry:

Simply add 1/3 cup caster sugar to the flour before adding the butter.

The golden rule for making short crust pastry is to keep the ingredients, bowl and your hands as cool as possible. The easiest way to do this is in a food processor! Combine the flour and butter in a food processor and pulse until the mixture resembles fine breadcrumbs. Add the egg yolk and chilled water and pulse again until the pastry just comes together. Turn the pastry dough onto a lightly floured surface and bring together into a smooth ball.

RESTING AND ROLLING PASTRY:

Handle the pastry as little as possible otherwise the butter softens and the pastry becomes greasy. All pastry must be rested before rolling out as the gluten in the flour reacts with water in a way which, given time, makes the dough more elastic in texture, so that when you come to roll out the dough, this elasticity makes it roll out easily. Wrap the pastry dough in Clingfilm and chill in the fridge for at least 30 minutes before using. If not properly wrapped, the pastry dries out and cracks when rolled out. Roll your pastry out on a well floured, cool surface. To avoid sticking, you may also want to flour the rolling pin. Once it is smooth, even and approximately 1/2cm thick, carefully roll the pastry up over your rolling pin to easily place it over your pie or tart. Chill in the fridge again after lining your pie dish to prevent it shrinking in the oven.

BLIND BAKING PASTRY:

For a nice crispy pie or tart base, blind baking is essential. Pierce the base with a fork repeatedly, cover with greaseproof or baking paper and fill with dried beans or pie weights to prevent the pastry base from rising. Bake in a hot preheated (180°C) oven until the pastry is golden brown. For an even crisper pastry, always bake on a preheated baking tray.



02

MINI CHICKEN & LEEK PIES

40ml flour
40ml softened butter
2 tbsps **NoMU Chicken Fond**
500ml hot water
1 tbsp olive oil
200g baby Leeks, finely sliced
1 tsp **NoMU One For All Grinder**

½ cup sherry
NoMU Sea Salt and Black Pepper
1 free range roasted chicken
1 tbsp chopped thyme
500g shortcrust pastry
1 egg
30ml milk

Pre-heat the oven to 180°C and grease a muffin pan.

Make a *buerre manie* by working the flour into the butter until well incorporated. Dissolve the **NoMU Chicken Fond** in the hot water to create a chicken stock. Sauté the leeks in olive oil until soft, remove from the pan and set aside. Deglaze the pan with sherry and add the *buerre manie* in batches while constantly whisking, alternating with chicken stock. Simmer until the sauce thickens and the flour has dissolved, season with **NoMU Sea Salt and Black Pepper** to taste.

Shred the meat of the roast chicken and stir into the sauce. Roll out the shortcrust pastry and using a glass or small saucer as a guide, cut 6 rounds, big enough to line the muffin pan as a base for the pies. Gently press the base rounds into the muffin moulds taking care to push them into the corners, cut off any excess pastry. Using a smaller glass or saucer, cut another 6 rounds to make the tops of the pies.

Once the filling has cooled completely, spoon into the pie shells. Beat the egg and milk together to form an egg wash and using a pastry brush, coat the edges of the pies and place the pastry lid on top pressing down around the edges to seal. Brush the tops with the egg wash and poke a hole in the centre of the pies to allow the steam to escape during cooking. Bake in a hot oven for 15-20 minutes or until the pies are golden brown.

Tips: This is a great way to use leftover roast chicken.

Makes 6 mini pies or 1 large pie.



WINE PAIRING | **Beaumont Ariane 2008.** Dark, broody black berry fruit with hints of spice turns chicken pie into a king's meal



03 | BEEF & SHIITAKE PIE

500g puff pastry
1 egg
30ml milk
Sesame seeds
4 x 100g Sirloin steak
1 tbsp vegetable oil
6 shiitake mushrooms, sliced
1 shallot finely sliced
1 clove garlic, finely sliced

½ tsp **NoMU Oriental Rub**
1 whole star anise
2 tsp **NoMU Beef Fond**
120ml hot water
2 tbsp Oyster sauce
1 tsp miso paste
Splash of sesame oil
3 spring onions, cut into 5 cm lengths

Pre-heat the oven to 200°C.

Open out the sheet of puff pastry, but do not roll it out. Cut the pastry into four 10 x 10 cm squares. Beat the egg and milk together to create an egg wash and brush the pastry, finishing with a sprinkle of sesame seeds. Bake the pastry in a hot oven for 8-10 minutes until puffed up and golden.

Place the sirloin between 2 sheets of cling film and tenderise the meat using a meat mallet. Brush the meat with vegetable oil and sear in a VERY hot griddle pan until charred on the outside but still slightly pink inside. Cut the meat into strips and set aside.

In another splash of oil, fry the shiitake mushrooms until lightly coloured and softening. Add the shallots, garlic, ginger, NoMU Oriental Rub and star anise and gently sauté until the shallots become soft and tender. Combine the NoMU Beef Fond, hot water, oyster sauce, miso paste and sesame oil and add to the mushrooms. Simmer over a medium heat to reduce the liquid to a thick syrupy sauce. Just before serving add the spring onions and beef strips, stir to coat them in the sauce and heat through.

To serve, place on serving plates and top with the puff pastry.

Serves 4

WINE PAIRING | **KWV Roodeberg 2010**. Full bodied, smooth blend with intimate familiarity and beautiful balance to the beef & mushroom flavours.

04 | LAMB SHANK PIE

4 lamb shanks

NoMU Sea Salt

NoMU Black Pepper

Flour to dust

Extra virgin olive oil

30g butter

1 onion, finely diced

2 tbsp **NoMU Lamb Rub**

1 carrot, finely diced

½ stick of celery, finely diced

2 cloves of garlic, chopped

250ml good red wine

2 tbsp **NoMU Lamb Fond**

500ml hot water

400g chopped tomatoes (fresh or tinned)

500g shortcrust pastry

1 egg

30 ml milk

Preheat the oven to 160°C.

Season the shanks with NoMU Sea Salt and Black Pepper and dust with seasoned flour. Add a splash of olive oil to a heavy based casserole pot and brown the shanks. Set aside. In the same pot, add the butter and sauté the onion until translucent. Add the NoMU Lamb or Roast Rub, carrot, celery and garlic and sauté for a few more minutes. Return the shanks to the pot and deglaze with red wine.

Stir the Lamb Fond into the hot water and add to the shanks. Add the tomatoes and season well with salt and pepper. Bring to the boil before placing in the pre-heated oven, with a tight-fitting lid for 2-3 hours. Remove the shanks from the oven and allow to cool.

Turn the oven up to 200°C. Fill 4 individual pie dishes with the lamb shanks and top up with the lamb shank sauce. Roll out the shortcrust pastry and cut 4 large rounds to cover the pie in a lid shape, leaving 2cm extra pastry around the circumference. Cut a 1cm hole in the centre of each one.

Beat the egg and milk together to create an egg wash and using a pastry brush, lightly coat the edges of the pie dishes and carefully cover the pie with the pastry taking care to let the bone of the shank poke through the centre of the pastry. Using a fork, press down around the edges to seal. Brush the top of the pie with the rest of the egg wash and place in a hot oven for 15 minutes until golden brown.

Serves 4



WINE PAIRING | Neil Ellis - Vineyard selection Grenache Noir 2009

Lovely concentration of fruit and full rounded palate to compliment the lamb.



05 | SHEPHERD'S PIE

2 tbsp olive oil
1 onion, diced
1kg lamb mince
2 tbsp flour
1 bay leaf
2 tbsp tomato paste
2 tbsp **NoMU One For All Rub**
2 tbsp Worcestershire sauce
2 tbsp **NoMU Lamb Fond**

500ml hot water
3 carrots, peeled & diced
2 parsnips, peeled & diced
1 tsp sugar
NoMU Salt and Pepper to taste
1 squeeze of lemon juice(optional)
4 floury potatoes, peeled
3 tbsp cream
2 tbsp butter

Pre-heat the oven to 180°C.

Sauté the onion in olive oil until soft and translucent. Add the mince and fry until nicely browned. Add the flour and stir through until thoroughly incorporated. Add the bay leaf, tomato paste, NoMU One For All Rub and Worcestershire sauce and mix through. To make the lamb stock, dissolve the NoMU Lamb Fond in the hot water and add to the mince along with the carrots and parsnips.

Add the sugar and simmer over a medium heat until the sauce begins to thicken and the carrots and parsnips become soft and tender. Season with NoMU Salt and Pepper. Add a squeeze of lemon juice and remove the bay leaf before pouring the mince into your cottage pie dish or pan.

Peel and boil the potatoes in salted water until soft when pricked with a fork. Drain well in a colander and place back into the pot with the lid on to steam off more moisture. Using a potato ricer or masher, crush the potatoes until they become soft and fluffy. Heat the cream and butter, add to the potatoes and combine thoroughly. Check the seasoning and add salt and pepper to taste. Cover the mince mixture with the mash and place in a hot oven for 35-40 minutes until nicely browned and bubbling hot!

Serves 4

WINE PAIRING | **Luddite Shiraz 2007.** Spice & Plums balance with hints of liquorice to end with a long, dry finish. Perfect for a saucy pie.



06 | SEAFOOD PIE

500ml milk
4 trout fillets
1 shallot, halved
5 peppercorns
25 small prawns (optional)
5 tbsp butter
3 tbsp flour

5 grinds of **NoMU Seafood & Fish Grinder**

A handful of fresh watercress, roughly chopped
4 floury potatoes, peeled
4 tbsp cream

Pre-heat the oven to 200°C.

Gently poach the trout in the milk with the shallot, peppercorns and the prawns, for approximately 10-15 minutes until just cooked. Remove the fish, prawns, shallots and peppercorns from the milk but do not throw the milk away.

Melt 3 tablespoons of butter and whisk in the flour to make a base for a white sauce. Slowly add the poaching liquid to the butter mixture, whisking continuously until the sauce becomes thick and smooth. If your sauce is too thick, add a dash more milk to achieve the desired consistency. Add a generous grinding of NoMU Seafood & Fish Grinder and salt and pepper to taste.

Shred the fish and add it back into the white sauce with the watercress and prawns. Place the fish mixture into your pie dish.

Boil the potatoes in salted water until soft when pricked with a fork, drain well and place back into the pot. Using a ricer or potato masher, crush the potatoes until they become soft and fluffy. Heat the cream and 2 tablespoons of butter together, and stir into the potatoes. Check the seasoning and add salt and pepper to taste.

Cover the fish mixture with the mashed potato and place in a hot oven for 15-20 minutes until golden brown and bubbling.

Serves 4

WINE PAIRING | **Beaumont Hope Marguerite 2010 (Chenin Blanc)**

Hints of ripe green apple, dried apricot and almond. Perfect integration of oak with limey freshness and a great sweet sour finish to settle the seafood.

07 | OVEN ROASTED MOROCCAN VEGETABLE PIE

2 large sweet potatoes
3 parsnips
3 large carrots
5 baby leeks
2 shallots
250g butternut
250ml hot water

1 tbsp **NoMU Vegetable Fond**
2 tbsp olive oil
2 tbsp **NoMU Moroccan Rub**
NoMU Sea Salt
2 sprigs of rosemary
3 sheets Phyllo Pastry
Melted butter for brushing

Pre-heat the oven to 200°C.

Peel all of the vegetables and cut into equal sized chunks. In the hot water, dissolve the NoMU Vegetable Fond to create a vegetable stock.

Place all of the chopped vegetables in a roasting pan and drizzle with olive oil and NoMU Moroccan Rub. Toss well to coat and season with NoMU Sea salt. Pour over the prepared vegetable stock, add the rosemary sprigs and roast in a hot oven for 30-40 minutes, until the vegetables are cooked and lightly caramelised.

Brush the 3 sheets of phyllo pastry with the melted butter and layer them on top of each other, finishing the top layer with more melted butter. Cut into 5cm strips and bunch the pastry with your hands into scrunched balls. Place on top of the pie one by one to cover the whole pie.

Place the pie back in the oven for 10-15 minutes until golden brown and crispy.

Serves 4

WINE PAIRING | **Noble Hill Chardonnay 2011.** Orange blossom gives to darker butterscotch and honey. A perfect compliment to the feast of Veggies.



08 | APPLE PIE

50g ground almonds	1 stick of cinnamon
10 Apples (crispy & tart)	3 pumps NoMU Vanilla Paste
1 tbps butter	500g sweet shortcrust pastry
½ cup caster sugar	1 egg
1 tbsps lemon juice	30ml milk
1 tsp NoMU Sweet Rub	3 tbsps granulated sugar

Pre-heat the oven to 180°C.

Place the ground almonds on a baking tray and lightly toast in the oven until golden brown. Remove and set aside.

Peel and core the apples and cut them into chunks. Over medium heat, slowly cook the apples with the butter, sugar, lemon juice, NoMU Sweet Rub and cinnamon until they begin to soften but still remain firm. Add the NoMU Vanilla Paste and remove from the heat.

Roll out the pastry and using your pie dish as a guide cut one circle to use as the top of your pie. With the remaining pastry, line the greased pie dish, taking care to press the pastry into the corners. Sprinkle the ground almonds over the base of the pie and then fill with the cooked apples.

Whisk the egg and milk together to form an egg wash and lightly brush around the edge of the pie. Place the lid of the pie over the apples and carefully pinch the pastry around the edge of the pie to seal it. Using a pastry brush, lightly brush the top of the pie with egg wash and sprinkle with the granulated sugar. Bake in a pre-heated oven for 30 minutes until the pastry turns golden brown and the sugar begins to caramelize. Serve hot with fresh custard or vanilla bean ice cream.

Tip: You may need to adjust the sugar depending on the tartness/sweetness of your apples.

Serves 8



WINE PAIRING | **Laborie Blanc de Blanc 2008 (Methode Cap Classique)**
Lovely citrus zest, nougat and honey with a fresh, perfectly balanced palate. The lingering roasted almonds & biscotti provide a lasting aftertaste, beautifully complementing the apples.



09 | PLUM & CASSIS LATTICE PIE

- 10 plums
 - $\frac{1}{3}$ cup Cassis
 - $\frac{1}{3}$ cup sugar
 - 1 tsp **NoMU Vanilla Extract** or Paste
 - Squeeze of lemon juice
 - 500g sweet pastry
 - 1 egg
 - 30ml milk
- Pre-heat the oven to 180°C.

Slice the plums into 1cm thick wedges and discard the pips. Over a medium heat cook the plums in the Cassis, sugar and vanilla until they begin to soften and turn a deep red in colour. Strain the plums and set aside but do not throw away the juice. In the same pan, simmer and reduce the juice until it becomes thick and syrupy. Add a squeeze of lemon juice.

Roll out the pastry and cut a large round to make the pie base. Grease a pie dish and carefully press your pastry into the dish. Prick the base of the pastry with a fork, line with baking paper, fill with beans and blind bake the pastry for 15 minutes until golden brown. Remove the baking beans and pour the plums into the pie shell, covering them with the reduced plum sauce. Roll out your left over pastry and using a ravioli slicer cut the pastry into 12 strips, approximately 1cm thick to make the lattice topping.

Carefully lay half of the pastry strips parallel to each other leaving a 2cm gap between strips. Then lay the other half of the strips at a 90 degree angle from the first strips. Make an egg wash by beating the egg and milk together and lightly brush the pastry, finishing with a dusting of sugar. Place in a hot oven for 10 minutes until the pastry has turned golden brown.

Serve hot with a dollop of thick cream or home-made custard.

Serves 4

WINE PAIRING | **KWV Mentors 2010 (Grenache Blanc)**. Earthy with fresh hay aromas lead to a silken palate with crisp presence. Brings nice balance to the Plums.