



LEMON TARRAGON BULGUR SALAD

Makes 6 Servings

INGREDIENTS

- 1 lb ground beef
- 2 Tbsp olive oil or butter
- 1 medium yellow onion, diced
- 4 cloves garlic, grated
- 1 carrot, peeled and diced
- 1 parsnip, peeled and diced
- 1 small rutabaga, peeled and diced
- 1 yellow potato
- 1 tsp fresh horseradish root, diced
- 1 tsp Italian seasoning
- 3 Tbsp all purpose flour
- 1½ cups beef broth
- ½ cup stout
- 2 Tbsp tomato paste
- 1 Tbsp Worcestershire sauce
- 1½ cup frozen peas
- Salt and black pepper, to taste
- 4 puff pastry sheets, or double our quick puff recipe and divide in 2
- 1 egg whisked with 1 Tbsp water, for egg wash

DIRECTIONS

1. In a large, heavy bottomed pot, brown ground beef over medium high heat. Season generously with salt and pepper. Drain, and remove from the pot, set aside.
2. Lower heat to medium and heat olive oil or butter. Saute onion until it starts to soften and become translucent. Add garlic. Cook and stir for an additional minute. Stir in carrot, parsnip, rutabaga, potato, and horseradish. Cook until beginning to soften, about 7 minutes. Season generously with salt and pepper. Mix in Italian seasoning.
3. Stir flour into the veggie mixture and cook for 2 minutes. Mix in broth, stout, tomato paste, Worcestershire sauce, and peas. Turn up heat and bring to a boil. Reduce to medium, cooking and stirring until thickened. Remove from heat.
4. Allow to cool to room temperature (or refrigerate overnight), before filling the pastry.
5. Roll out the first pastry to about 10-in x 10-in, and slice into 4 squares. Place 2 squares on a baking sheet lined with parchment. Scoop ½ cup filling onto the center of each. Wet the edges with a little water, place remaining squares of pastry on top. Crimp edges closed with a fork. Repeat with remaining pastry sheets. Place pies in the freezer for 15 minutes.
6. Preheat the oven to 400°F. With a sharp knife, cut 3 small vents into each chilled hand pie. Brush with egg wash. Bake for 30-35 minutes, or until golden brown. Remove from the baking sheet to a cooling rack. Cool 10 minutes before enjoying.