

Modified Caribbean Meat Patties



Provides 12-13 servings. Preparation time is 60 minutes

Ingredients:

A cup of chilled water
 500g Lean beef mince (5% fat)
 7 Sprays of olive oil
 1 large onion, finely chopped
 2 garlic cloves, finely chopped
 2 Teaspoons of turmeric
 1 Teaspoon of tomato purée
 2 Thyme sprigs
 1 Scotch bonnet, finely chopped
 400g Self-raising wholemeal flour
 5 Carrots finely chopped
 1 egg, beat
 A pinch of salt
 ½ Teaspoon chilli pepper powder
 2 Teaspoons of curry powder
 ½ Teaspoon sugar
 100g Low fat butter or spread

Preparation method:

For the pastry, place the wholemeal flour, curry powder, turmeric and butter into a mixing bowl. Using your fingers, thoroughly rub the butter into the flour. Pour in about 175mls of chilled water and mix the flour until it forms a smooth dough. Divide the dough into 4 or more pieces, wrap each in cling film and refrigerate for 30 minutes.

To make the filling, put the beef mince in a bowl and mix with salt. Gently heat 7 sprays of olive oil in a pan over medium heat. Add chopped onions and sauté for 2 minutes. Add garlic, scotch bonnet, thyme, chilli pepper powder, sugar, carrot and continue to sauté for another 2-3 minutes. Add the seasoned mincemeat and stir to mix, breaking up any clumps. Add the tomato puree, some water and bring to a boil. Reduce the heat and simmer until most of the liquid has evaporated and the mixture is reduced to a thick sauce. Remove the pan from the cooker and leave to cool. To make the patties, pre heat oven to 250C. Flour a rolling board and roll out a piece of dough at a time into a circle of about 5 inches in diameter with a rolling pin. Place about 3 tablespoons of the filling onto one half of each circle. Dip a finger into water and use it to moisten the edges of the pastry. Fold over the other half and press with the finger to seal. Use a fork to crimp the edges to close. Cut off any extra pastry to give the patties a uniform look. Place the patties on a baking tray. Beat the egg with a little bit of water to make an egg wash. Brush the top of the patties with the egg wash. Bake in the oven for about 30 minutes or until golden brown.

Each 150g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
217kcal 916kJ	5.8g	1.6g	3.9g	0.56g
11%	8%	8%	4%	9%

of an adult's reference intake

Nutritional information per 100g of edible portion:

Energy (kcal / kJ)	145kcal/611kJ
Total Fat (g) of which saturated fatty acids (g)	3.9 1.1
Carbohydrates (g) of which sugars (g)	16 2.6
Dietary fibre (g)	1.2
Protein (g)	11
Salt (g)	0.37