



Dingle Pie

READY IN



149 min.

SERVINGS



6

CALORIES



1289 kcal

Ingredients

- 2 american tablespoons
- 450 grams lamb loins boneless for stock (from the shoulder or leg; keep bones)
- 1 sprig bouquet garni tied with string (thyme parsley stalks and small bay leaf)
- 9 ounces butter (275 grams)
- 1 carrots
- 9 ounces carrots chopped (255 grams/)
- 1 Stalk celery
- 2 teaspoons cumin seed good
- 1 eggs slightly beaten
- 1 pound flour (450 grams)

- 6 servings lamb bones from the meat
- 10 fluid ounces lamb stock (300 milliliters/)
- 1 onion
- 9 ounces onions chopped (255 grams/)
- 1 pinch salt
- 6 servings salt and pepper freshly ground
- 6 fluid ounces water (175 milliliters/)
- 6 servings water

Equipment

- sauce pan
- oven
- mixing bowl

Directions

- Special equipment: 2 tins, 6 inches (15 cm) in diameter, 1 1/2 inches (4 centimeters) high
- Preheat oven 400 degrees F (200 degrees C).
- Stock: If no stock is available, put the bones, carrots, onions, celery and bouquet garni into a saucepan. Cover with cold water and simmer for 3 to 4 hours to make a stock. Strain and set aside.
- Cut all the surplus fat away from the meat and then cut the meat into small, neat pieces about the size of a small sugar lump. Render down the scraps of fat in a hot, wide saucepan until the fat renders. Discard the pieces.
- Cut the vegetables into slightly smaller dice and toss them in the fat, leaving them to cook for 3 to 4 minutes.
- Remove the vegetables and toss the meat in the remaining fat over a high heat until the color turns deep brown.
- Heat the cumin seed in the oven for a few minutes and crush lightly. Stir the flour and cumin seed into the meat. Cook gently for 2 minutes and add in the stock gradually. Bring to a boil, stirring occasionally.

- Add back the vegetables, season with salt and freshly ground pepper and leave to simmer, covered. If using young lamb, 30 minutes will be sufficient; an older animal may take up to 1 hour.
- Pastry: Meanwhile, make the pastry. Sift the flour and salt into a mixing bowl and make a well in the center. Dice the butter, put it into a saucepan with water and bring to a boil.
- Pour the liquid all at once into the flour and mix together quickly; beat until smooth. At first the pastry will be too soft to handle but as soon as it cools it may be rolled out to 1/3 to 1/4-inch (2.5 to 5 millimeters) thick, to fit the 2 tins. The pastry may be made into individual pies or 1 large pie. Keep back 1/3 of the pastry for lids.
- Fill the pastry-lined tins with the meat mixture which should be almost, but not quite cooked and cooled a little.
- Brush the edges of the pastry with the water and egg wash and put on the pastry lids, pinching them tightly together.
- Roll out the trimmings to make pastry leaves or twirls to decorate the tops of the pies. Make a hole in the center, brush the lid with egg-wash and then egg-wash the decoration also.
- Bake the pies for 40 minutes.
- Serve with a good green salad.

Nutrition Facts

■ PROTEIN **14.05%** ■ FAT **64.11%** ■ CARBS **21.84%**

Properties

Glycemic Index:51.61, Glycemic Load:44.72, Inflammation Score:-10, Nutrition Score:37.110869853393%

Flavonoids

Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 3.05mg, Isorhamnetin: 3.05mg, Isorhamnetin: 3.05mg, Isorhamnetin: 3.05mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 12.49mg, Quercetin: 12.49mg, Quercetin: 12.49mg, Quercetin: 12.49mg

Nutrients (% of daily need)

Calories: 1289.11kcal (64.46%), Fat: 91.74g (141.13%), Saturated Fat: 46.76g (292.25%), Carbohydrates: 70.34g (23.45%), Net Carbohydrates: 65.55g (23.83%), Sugar: 5.45g (6.05%), Cholesterol: 273.46mg (91.15%), Sodium: 727.97mg (31.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.23g (90.45%), Vitamin A: 9983.23IU

(199.66%), Selenium: 65.63µg (93.76%), Vitamin B3: 14.68mg (73.4%), Vitamin B12: 3.94µg (65.61%), Zinc: 8.66mg (57.71%), Vitamin B1: 0.85mg (56.66%), Vitamin B2: 0.91mg (53.67%), Folate: 185.07µg (46.27%), Iron: 7.86mg (43.68%), Phosphorus: 425.65mg (42.56%), Vitamin B6: 0.79mg (39.54%), Manganese: 0.72mg (36.22%), Potassium: 847.68mg (24.22%), Fiber: 4.79g (19.18%), Magnesium: 75.6mg (18.9%), Copper: 0.37mg (18.5%), Vitamin K: 18.15µg (17.29%), Vitamin B5: 1.21mg (12.13%), Vitamin E: 1.66mg (11.08%), Calcium: 102.67mg (10.27%), Vitamin C: 7.96mg (9.64%), Vitamin D: 0.49µg (3.26%)