



Fidget pie

READY IN



100 min.

SERVINGS



8

CALORIES



529 kcal

Ingredients

- ☐ 500 g flour plain for dusting
- ☐ 8 servings butter for the tin
- ☐ 1 eggs beaten for glazing
- ☐ 500 g fatty pork minced
- ☐ 125 ml cider english
- ☐ 4 sage leaves finely chopped
- ☐ 0.3 tsp mace
- ☐ 1 tbsp brown sugar
- ☐ 100 g unsmoked bacon finely chopped
- ☐ 225 g onion grated

- ☐ 225 g apple – half cooker grated peeled
- ☐ 1 large potatoes grated
- ☐ 140 g lard
- ☐ 140 g lard

Equipment

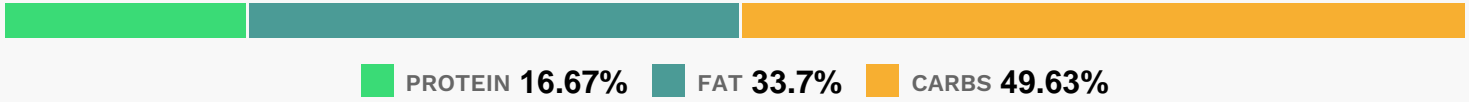
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ cake form
- ☐ wooden spoon

Directions

- ☐ To make the pastry, tip the flour into a large bowl with 1 tsp salt.
- ☐ Heat the lard and 210ml of water in a medium saucepan until the lard melts and the water is just simmering. Carefully pour the hot liquid into the flour and stir together with a wooden spoon. When the mixture has come together, tip it onto a floured surface and knead lightly to make a dough. Cover and set aside.
- ☐ To make the filling, mix the pork, cider, 1 tsp salt, sage, mace and sugar together in a large bowl.
- ☐ Add the bacon, onion, apple and potato to the mixture. Once again mix really well the best way to do this is with your hands.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Place a 22cm springform cake tin, without its base, on a baking sheet. Line the bottom of the tin with a layer of greaseproof paper and butter the sides well. On a lightly floured surface roll out two-thirds of the pastry to a large circle and use it to line the cake tin, allowing the pastry to overlap the rim slightly. Trim off any excess.
- ☐ Roll remaining pastry to form a lid large enough to cover the pie. Set aside.
- ☐ Put filling in the pie case and push down well.

- ☐
- Brush the pastry cases edges with a little water and cover with the lid. Crimp the edges together and brush the whole with the beaten egg.
- ☐
- Bake for 1 hr then turn off the heat and allow the pie to cool in the oven for 30 mins.
- ☐
- Remove from oven and cool for 1 hr before eating.

Nutrition Facts



Properties

Glycemic Index:33.47, Glycemic Load:42.01, Inflammation Score:-6, Nutrition Score:19.956956521324%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 2.12mg, Epicatechin: 2.12mg, Epicatechin: 2.12mg, Epicatechin: 2.12mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.41mg, Isorhamnetin: 1.41mg, Isorhamnetin: 1.41mg, Isorhamnetin: 1.41mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.16mg, Quercetin: 7.16mg, Quercetin: 7.16mg, Quercetin: 7.16mg

Nutrients (% of daily need)

Calories: 528.98kcal (26.45%), Fat: 19.44g (29.91%), Saturated Fat: 8.07g (50.45%), Carbohydrates: 64.43g (21.48%), Net Carbohydrates: 60.56g (22.02%), Sugar: 6.54g (7.26%), Cholesterol: 82.46mg (27.49%), Sodium: 194.47mg (8.46%), Alcohol: 0.78g (100%), Alcohol %: 0.37% (100%), Protein: 21.64g (43.28%), Vitamin B1: 1.1mg (73.29%), Selenium: 41.72µg (59.61%), Vitamin B3: 7.73mg (38.67%), Folate: 134.36µg (33.59%), Vitamin B2: 0.53mg (31.41%), Manganese: 0.56mg (27.87%), Phosphorus: 257.01mg (25.7%), Vitamin B6: 0.51mg (25.36%), Iron: 4.11mg (22.81%), Potassium: 565.71mg (16.16%), Vitamin C: 12.91mg (15.65%), Fiber: 3.87g (15.47%), Zinc: 2.26mg (15.04%), Copper: 0.26mg (12.98%), Magnesium: 43.59mg (10.9%), Vitamin B5: 1.04mg (10.36%), Vitamin B12: 0.58µg (9.64%), Calcium: 38.61mg (3.86%), Vitamin A: 176.12IU (3.52%), Vitamin D: 0.46µg (3.07%), Vitamin K: 2.16µg (2.06%), Vitamin E: 0.3mg (1.99%)