



Mini pork pies with piccalilli

 Popular

READY IN



88 min.

SERVINGS



12

CALORIES



602 kcal

Ingredients

- ☐ 9 servings butter
- ☐ 600 g pastry crust homemade bought
- ☐ 85 g breadcrumbs dried white
- ☐ 400 g sausage good (6)
- ☐ 200 g bacon smoked
- ☐ 0.3 tsp pepper dried
- ☐ 1 eggs with a fork beaten
- ☐ 3 pinches sesame seed
- ☐ 12 servings asian – teriyaki rice homemade bought

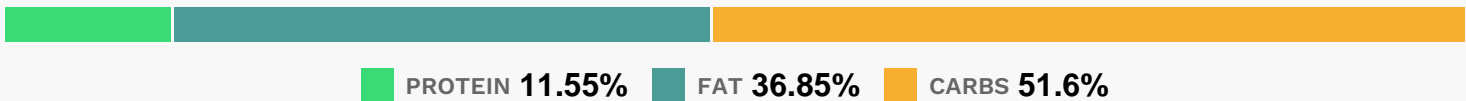
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ baking pan
- ☐ muffin tray

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Line each hole of a 12-hole muffin tin with a thin strip of baking parchment across the middle thats long enough so the ends stick out a centimetre or two use a dab of butter to stick in place.
- ☐ Roll out two thirds of the pastry on a lightly floured surface and stamp out 12 x 10cm circles (you may need to re-roll trimmings). Press a circle into each hole to line.
- ☐ Sprinkle 1 tsp of breadcrumbs into the base of each pie. Tip the rest of the crumbs into a mixing bowl. Squeeze in the sausage meat, discarding the skins, along with the bacon, mace, pepper, sage and just a little salt. Get your hands in and mash and squish everything together until the breadcrumbs have just about disappeared. Divide mixture between the holes, packing in firmly and shaping to a dome in the middle.
- ☐ Roll out the remaining pastry and stamp out 12 x 7cm circles.
- ☐ Brush with a little egg and add a top to each pie, egg-side down to stick, carefully pressing pastry edges together to seal.
- ☐ Brush with more egg (dont throw away leftovers) and sprinkle with sesame seeds.
- ☐ Bake for 30 mins until golden then carefully remove the pies from the tin, using the parchment ends to help you lift them out. Sit on a parchment lined baking tray, brush all round the sides with more egg and put back in the oven for 8 mins. Cool completely then eat with piccalilli, or your favourite pickle.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:9.65, Inflammation Score:-8, Nutrition Score:12.446521800497%

Nutrients (% of daily need)

Calories: 601.98kcal (30.1%), Fat: 24.35g (37.46%), Saturated Fat: 8.53g (53.3%), Carbohydrates: 76.73g (25.58%), Net Carbohydrates: 73.42g (26.7%), Sugar: 2.55g (2.83%), Cholesterol: 56.7mg (18.9%), Sodium: 1225.04mg (53.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.17g (34.34%), Vitamin B1: 0.57mg (38.02%), Vitamin A: 1644.93IU (32.9%), Vitamin B3: 6.36mg (31.8%), Selenium: 18.04µg (25.77%), Vitamin B2: 0.34mg (20%), Manganese: 0.32mg (15.95%), Iron: 2.87mg (15.92%), Folate: 62µg (15.5%), Fiber: 3.31g (13.24%), Phosphorus: 127.99mg (12.8%), Potassium: 314.23mg (8.98%), Vitamin B6: 0.18mg (8.92%), Zinc: 1.34mg (8.92%), Vitamin B12: 0.43µg (7.17%), Vitamin B5: 0.57mg (5.67%), Copper: 0.11mg (5.55%), Calcium: 47.87mg (4.79%), Magnesium: 18.68mg (4.67%), Vitamin D: 0.57µg (3.82%), Vitamin K: 2.19µg (2.09%), Vitamin E: 0.31mg (2.05%), Vitamin C: 1.43mg (1.74%)