



V-Tol Veal Ham and Egg Pie

 Dairy Free

READY IN



300 min.

SERVINGS



8

CALORIES



542 kcal

Ingredients

- 4 cups flour sifted
- 1 tablespoon gelatin powder
- 1 pound leg ham cut into 1- inch cubes (1 slice)
- 5 hardboiled eggs ends trimmed
- 1 teaspoon herbs mixed
- 0.5 teaspoon parsley chopped
- 1 teaspoon salt
- 2 tablespoons cooking sherry
- 1.5 pounds veal fillet cut into 1-inch cubes

- 1 cup water
- 0.8 cup lard
- 0.8 cup lard

Equipment

- bowl
- oven
- funnel

Directions

- To make hot water paste, place water on heat, add lard, and bring to a boil.
- Mix the sifted flour with salt.
- Add water and lard to flour and stir until paste comes away from the edges of the bowl. Work quickly while paste is still hot.
- Place on board and knead until smooth.
- Cover meat with water and add parsley and mixed herbs. Cook 30 minutes.
- Remove meat from stock and reduce stock to 2 cups.
- Add gelatin and sherry to stock and allow to cool. Preheat oven to 400 degrees F.
- Roll out pastry to approximately 3/16-inch thick.
- Cut into shapes to fit sides, base and ends of a rectangular tin. Allow 1/2-inch shrinkage in length and width. Line sides of tin first and then drop in piece cut to fit base and press edges together. Make sure that sides are long enough to just come over rim of tin. Fill pastry case by placing a neat layer of meat in the bottom.
- Place whole eggs down center of mold and cover with the rest of the meat. Cover with pastry cut to fit top and crimp together using the back of a spoon.
- Brush with egg wash and make three steam holes in the pie. Cook for 1 hour and 20 minutes.
- Remove pie and while still hot place a funnel into the holes and fill with the stock- making sure stock is evenly distributed. Allow stock to settle and top up several times. Refrigerate. Accompany with green salad and decorate with parsley.

Nutrition Facts



■ PROTEIN 30.37% ■ FAT 32.93% ■ CARBS 36.7%

Properties

Glycemic Index:24, Glycemic Load:34.52, Inflammation Score:-5, Nutrition Score:24.075217472875%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg

Nutrients (% of daily need)

Calories: 542.2kcal (27.11%), Fat: 19.2g (29.53%), Saturated Fat: 6.88g (43.01%), Carbohydrates: 48.14g (16.05%), Net Carbohydrates: 46.45g (16.89%), Sugar: 0.55g (0.62%), Cholesterol: 221.46mg (73.82%), Sodium: 1076.83mg (46.82%), Alcohol: 0.39g (100%), Alcohol %: 0.18% (100%), Protein: 39.83g (79.65%), Selenium: 50.92µg (72.75%), Vitamin B3: 12.62mg (63.11%), Vitamin B1: 0.92mg (61.36%), Vitamin B2: 0.83mg (48.62%), Phosphorus: 416.26mg (41.63%), Folate: 141.2µg (35.3%), Vitamin B6: 0.63mg (31.57%), Zinc: 4.69mg (31.29%), Vitamin B12: 1.85µg (30.82%), Iron: 4.49mg (24.97%), Manganese: 0.47mg (23.62%), Vitamin B5: 2.09mg (20.87%), Potassium: 539.25mg (15.41%), Copper: 0.26mg (12.89%), Magnesium: 48.94mg (12.24%), Vitamin D: 1.08µg (7.23%), Fiber: 1.69g (6.75%), Vitamin E: 0.78mg (5.23%), Calcium: 43.64mg (4.36%), Vitamin A: 163.69IU (3.27%)