



MINI MEXICAN BEAN PIES

A delicious winter pie recipe using our favourite pinto, black turtle and red kidney beans with the classic flavours of Mexico. A great winter warmer.

Serving Size : Makes 14 mini pies or 2 medium size pies

INGREDIENTS:

3 tablespoons olive oil

1 large onion diced

2 cloves of garlic crushed

3/4 teaspoon paprika

3/4 teaspoon ground cumin

1 teaspoon chilli powder

1/4 teaspoon dried oregano

5 large tomatoes chopped

4 cups cooked dried pinto, black turtle and red kidney beans (or two 400g tins of mixed beans)

3 tablespoons tomato paste

1/2 cup cooked corn kernels

1 cup Grated cheese (optional)

Sea Salt & Pepper to Season

FOR THE PASTRY:

4 cups khorasan flour

150g butter

3/4 cup cold water

Pinch of celtic salt

1 teaspoon cumin seeds

1 egg yolk

METHOD:

On medium heat, saute the onions & garlic in olive oil until soft (about 8-10 minutes).

Add the spices and cook for another 3 minutes stirring well.

Add the chopped tomatoes, tomato paste and 1/2 the cooked beans.

Mash the remaining cooked beans and add to the mix, continuing to stir regularly.

Now add the corn and cook on medium heat for about 15 - 20 minutes.

Add a little water if the mixture becomes too thick and then set aside to cool.

Now for your pastry; sift the flour and add the cumin seeds and salt.

Add the chopped butter and rub in with fingertips until the mixture resembles breadcrumbs.

Slowly add enough cold water small bits at a time until a dough has formed.

Divide the dough into 3/4 and 1/4 amounts. Roll out the 3/4 's of dough to a 2-3mm thickness.

Cut into small circular sizes to fit your muffin trays. (the quantity should equate to the base and sides of the pie.

Fill the pastry centres with your bean mix (3/4 to the top) and sprinkle with cheese (if using).

Roll out the 1/4 dough put aside to 2 mm thick and then cut to make a lid for the pie. Add a bit of egg yolk to the edges then press the edges with a fork to seal.

Cut slits into the pie tops to allow for the steam to come out.

Bake in a moderate oven at 160°C for 20 minutes or until pies are golden brown.

VEGETARIAN | SUGAR FREE