

GARDEN PIE RECIPE

INGREDIENTS

For the Pastry:

310 g Plain Flour
140 g Unsalted Butter
100 g Spinach
50 ml Water (plus a few tbsp more of ice-cold water)
A Pinch of Salt

For the Filling:

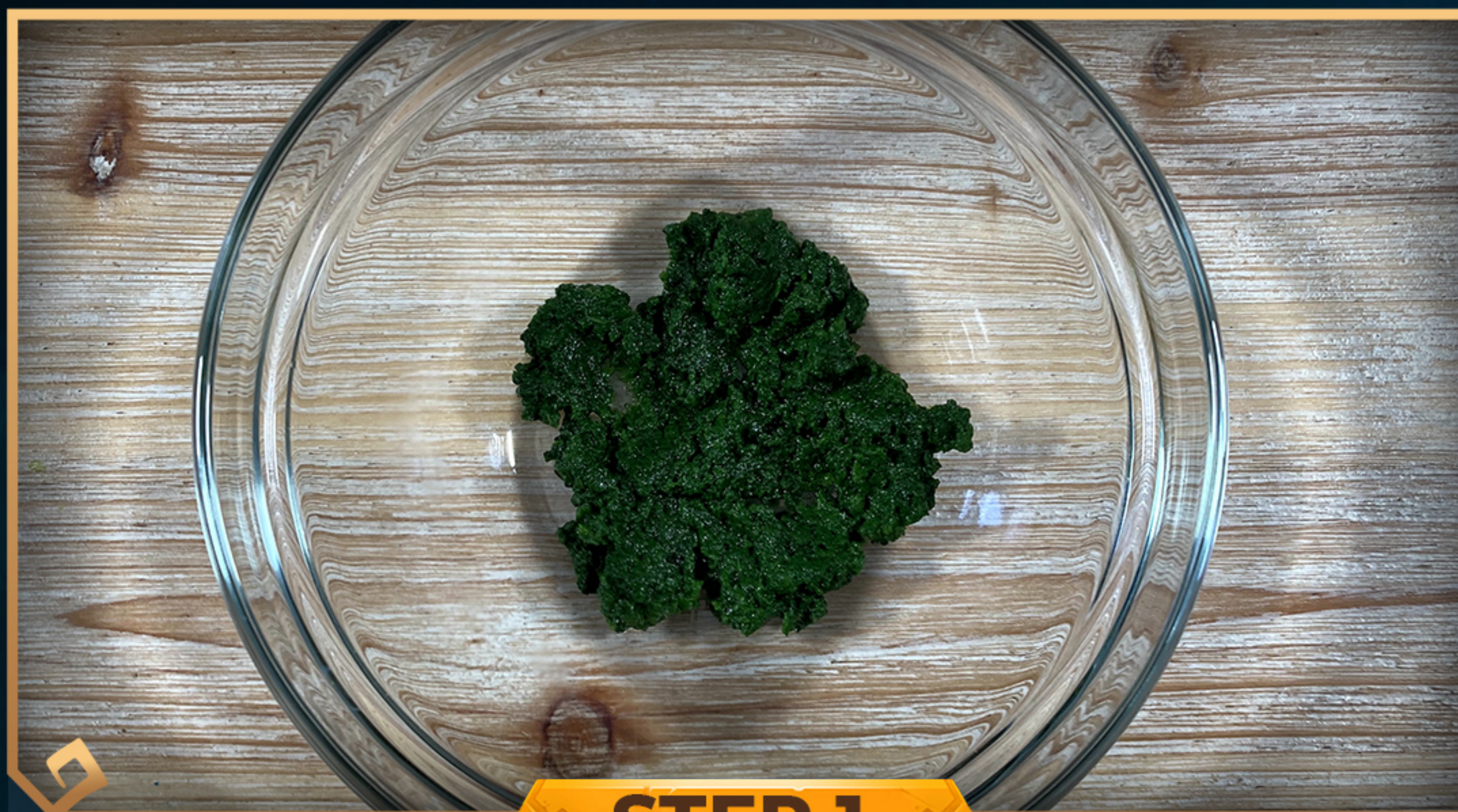
500 g Fresh Tomatoes
1 Large Onion
200 g White Cabbage
2 tsp Thyme
1 tsp Fennel Seeds
Salt and Pepper to Taste
1 egg (for brushing the pastry when attaching the lid to the pie)



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Recipe courtesy of **The Cook's Assistant**





STEP 1

Preheat your oven to 190C/375F/Gas Mark 5.

Chop your spinach as fine as you can, or blend it with some water, before cooking it over a low heat. You need to cook the spinach until all of the water has come out of it, as you will be using it to colour your pastry later in the recipe – just be careful not to have the heat too high or it will burn before all the water has evaporated!

Once all the water has evaporated, you should be left with a spinach paste. Place this in the fridge for 15 minutes or so to cool it down.



STEP 2

To make the pastry, ensure that your butter is fridge cold, as this will prevent your pastry from turning greasy and falling apart as it cooks. Then, cut the butter into small cubes and add it to your flour in a large bowl, along with your spinach paste. You may wish to wear gloves for this stage so that the spinach doesn't stain your hands.

Rub the butter, flour and spinach together until it resembles small beads. Then carefully add one tablespoon of ice-cold water at a time, ensuring that each spoonful is thoroughly kneaded through the flour mixture before you add the next. After each spoonful of water squeeze the dough to check if it can clump together. Once the dough stays together, you can form in into a ball, cover it and place it in the fridge for half an hour or so to firm back up.



STEP 3

While your pastry is chilling, prepare your vegetables for the pie filling.

Chop your tomatoes into 8ths and dice your onion as fine as you can get it. Then grate your cabbage using a box grater. If you don't have a box grater, then shred it thinly with a knife.



STEP 4

Remove your pastry from the fridge and divide it into two equal portions. Place one of the portions back in the fridge for now.

Roll the remaining portion of pastry out on a floured surface so it's around 5mm thick.

Lightly flour a pie dish and lay the pastry in the base, forming it to the side of the dish. Prick the pastry in a few places with a fork and cover with it baking parchment before filling it with baking beans – regular dried rice or beans will also work!

Bake for 15 minutes, removing the paper and baking beans after 10 minutes have passed and returning it to the oven. Then cool the pie on a cooling rack.



STEP 5

For the pie filling, heat a deep sided pan on medium heat with olive oil, and add all of the pie filling ingredients, apart from the egg.

Sauté until all the water has been released from the vegetables and evaporated, leaving you with a dry-ish vegetable mix - this may take up to 20 minutes.

Retrieve the last of the pastry from the fridge and roll out to 5mm thick. Cut your pastry into 2cm wide strips, sorting them by length.



STEP 6

To create the lattice top, lay all your vertical strips on a chopping board, to the width of your pie dish. Weave horizontal strips one above, one below as pictured, lifting the vertical strips to make it easier where necessary. Repeat this process with horizontal strips until you have a lattice large enough to cover the pie dish.

Fill the cooled pie shell with pie filling and brush beaten egg around the top of the exposed pastry to act as glue for your lattice lid. Place the lattice on top of the filling and press lightly around the edge to secure it.

Place the pie in the oven for 20 minutes, or until the top is golden brown. Allow to cool for 10-15 minutes before serving.