



**DID YOU KNOW?**  
Forks were only introduced to England in the 17th century!

# MAKE A TASTY MEDIEVAL MEAT PIE

FEAST LIKE A LORD WITH THIS SIMPLE RECIPE TO CREATE A CASTLE-THEMED PIE!

Pies were a popular way for people living in castles to enjoy their favourite meat and poultry. They were also flavoured with expensive spices that were a delicacy and sign of how wealthy you were. Here's a recipe for your own delicious pie with a crenelated crust to look like castle battlements! Don't forget to ask a grown up to help you make it.

## INGREDIENTS:

- 1 tablespoon olive oil
- 1 onion
- 1 carrot
- A stick of celery
- 600g your favourite meat (beef mince, diced chicken, pork mince or a vegetarian alternative)
- 1 tbsp plain flour
- 350ml stock
- ½ tsp ground ginger
- ½ tsp cinnamon
- ¼ tsp cloves
- ¼ tsp nutmeg
- Salt and pepper
- 1 sheet puff-pastry
- 1 egg

## METHOD:

- Preheat the oven to 180°C (160°C fan oven). Chop up the onion, carrot and celery.
- Put a large saucepan on the hob and heat the oil. Gently fry the onion, carrot and celery until they're soft.
- Add your meat of choice and cook for 6–8 minutes on a medium heat.
- Add the flour and mix it in well to coat the vegetables and meat. Add the stock and spices, salt and pepper and stir it all together. Simmer for 30 minutes to let the liquid evaporate.
- Pour the mixture into a 24cm pie dish and cover with the pastry sheet. Trim the edges, prick it with a fork and cut a slit in the centre. Then beat the egg and brush it over the pastry.
- Using the leftover pastry make a strip and cut squares into it to make your castle wall. Place this around the outside of your pie, prick it with a fork, and brush with egg.
- Bake for 25 minutes or until pastry is golden.
- Invite your friends and family to get stuck in!



ENGLISH  
HERITAGE