



Hearty Brussels Sprouts and Mince Pie

NIBBLEDISH CONTRIBUTOR

Ingredients

The amount of seasoning and spices you use can be adjusted to taste. - 1/2 tsp Marjoram - 1/4 tsp Mace - 1/4 tsp Nutmeg - Pepper - 1/2 tsp Salt - 1/4 tsp Powdered Ginger - 2 cloves of garlic, minced - 2 pieces of crumbled Beschuit (Dutch crisp bakes or replace with enough breadcrumbs to turn the egg mixture into a paste) - 1 egg - 1/2 a medium sized onion, finely chopped. - 1 Packet of pre-rolled, ready made butter puff pastry (you can make your own if you're that way inclined) - 500g minced meat (beef, veal or lamb, it's up to you.) - 500g Brussels sprouts - 200ml evaporated milk - 200g grated cheese. You can vary the amount and the type of cheese to suit your tastes. I'd choose Gruyere.

Instructions

This is an excellent way to get kids (and adults) who hate Brussels sprouts to eat them. The buttery pastry and the evaporated milk make the sprouts taste creamy and rich, whilst the mince forms something almost like a burger at the bottom of the pie making it extra tasty. 1. Preheat the oven to 200 degrees Celsius. 2. Whisk together the egg, spices, 1/4 teaspoon of salt, 1 clove of minced garlic and the crumbled beschuit/breadcrumbs. 3. Add the egg mixture to your minced meat, and half of the finely chopped onion and mix together. You can get your hands in there and knead it, making sure it's all nicely combined. That's what I like to do. 4. Wash the Brussels sprouts, and chop them up not too finely, leaving a few chunkier pieces. Mix this with the remaining garlic and onions. 5. Line a baking dish with some of the pastry. Push the minced meat mixture into the bottom of the dish so that you have a nice even layer of meat. Layer the Brussels sprouts on top of the meat. 6. Mix the remaining salt with the evaporated milk and pour all over the top of the sprouts. Top with a good sprinkling of cheese. 7. Place a final layer of pastry all over everything and brush a little milk across the top to glaze. Prick the pastry with a fork a couple of times. 8. Bake in the oven for 40 minutes or until the pastry has raised and is nicely browned.