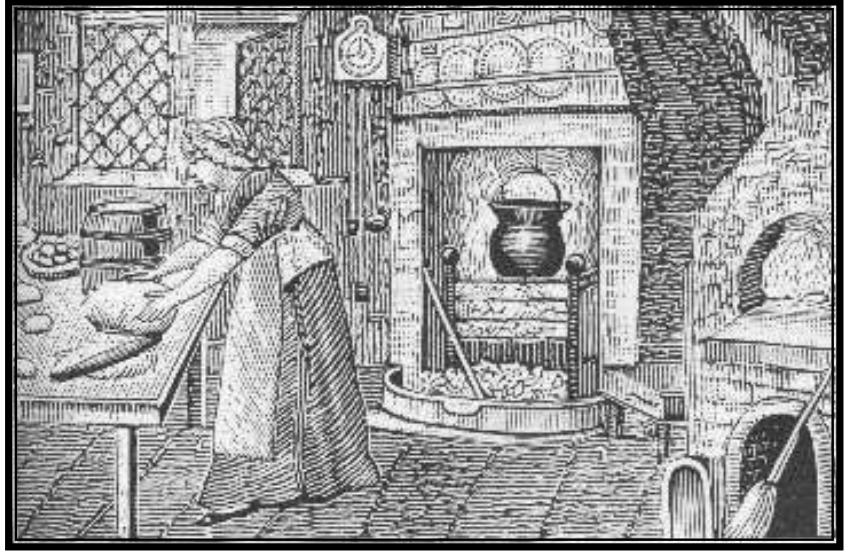




The Olde Scots Kitchin



Forfar Bridies

Ingredients

1½ lbs (700g) boneless, lean rump steak. Lean minced beef can also be used.
55g (2 oz) suet or butter or margarine
1 (or 2) onion, chopped finely
1 teaspoon dry mustard powder
¼ cup rich beef stock
Salt and pepper to taste
900g (1½ lbs) flaky pastry (home made or from a pastry mix packet)

Directions

Remove any fat or gristle from the meat and beat with a meat mallet or rolling pin. Cut into half-inch (1cm) pieces and place in a medium bowl. Add the salt/pepper, mustard, chopped onion, suet (or butter/margarine) and stock and mix well.

Prepare the pastry and divide it and the meat mixture into six equal portions. Roll each pastry portion into a circle about 15cms (6 ins) in diameter and about 1cm (¼ in) thick and place a portion of the mixture in the centre. Leave an edge of pastry showing all round. Brush the outer edge of half the pastry circle with water and fold over. Crimp the edges together well. The crimped edges should be at the top of each bridie. Make a small slit in the top (to let out any steam). Brush a 30cm (12 in) square (or equivalent area) baking tray with oil and place the bridies in this, ensuring that they are not touching. Place in a pre-heated oven at 220F/120C/gas mark 8 for 15 minutes then reduce the temperature to 320F/180C/gas mark 4 and cook for another 45/55 minutes. They should be golden brown and if they are getting too dark, cover with greaseproof paper (vegetable parchment).

Makes 6 bridies