



Homíty Píe

What you need:

- 4 potatoes chop and boil until tender.
- 2 leeks chopped
- 1 apple peeled and chopped
- Garlic
- 1 egg —whisked
- 6oz flour
- Butter for frying and greasing tin

- 6 oz. cheese—grated
- Thyme dried or fresh—to your taste
- Salt & pepper
- Shortcrust pastry is made from 6oz flour and 3oz butter or margarine

Substitute as necessary if you are allergic to any ingredients

How to prepare:

- 1. Pre heat the oven to 180°c.
- 2. Make the pastry using the flour and margarine- rub together into bread crumbs, bind together with water to make a dough.
- 3. Roll the dough out and line a greased baking dish and cook for about 10 minutes—so it is half cooked.
- 4. Put the leeks into a pan with the garlic and fry using the butter until soft, add the thyme and chopped apple and mix.
- 5. Drain the potatoes and add to the leek mixture.
- 6. Add the egg to the mixture, some butter, half of the cheese, season to taste and mix loosely.
- 7. Put the mixture on top of the pastry, sprinkle on the rest of the cheese.
- 8. Cook in the oven until the top is golden brown .
- 9. Then serve.

Enjoy! www.healthworksnewcastle.org.uk