

FORFAR BRIDIES

Short crust pastry:

4 cups flour
1/4 teaspoon salt
1/2 pound salted butter (2 sticks), cut into small pieces
Cold water

Filling:

1 pound ground beef
1 small onion, peeled, ends removed, chopped
1/4 teaspoon salt
1/8 teaspoon pepper
1/4 cup water
Nonstick cooking spray or 1/2 teaspoon shortening
1 beaten egg

To prepare pastry: In a large mixing bowl, sift together the flour and salt. Add the butter and cut into flour until the mixture resembles fine bread crumbs. Mix in enough cold water to hold mixture together. Form into a ball. Wrap in wax paper or plastic wrap and place in the refrigerator for 30-45 minutes.

To prepare the filling: In a large bowl, mix together the uncooked ground beef, onion, salt, pepper and water. Set aside.

Assembly: Preheat the oven to 350 degrees. Spray a baking sheet with nonstick cooking spray or grease with shortening.

Remove pastry from refrigerator. Lightly sprinkle work surface with flour. Roll out pastry to about 1/8-inch thickness. Cut into 6-7 circles approximately 5 to 6 inches in diameter. Evenly divide the filling among the 6 circles, placing the meat mixture on one half of the circle. Brush the edge lightly with the beaten egg. Fold the pastry over the filling and seal by lightly crimping the edge. Brush the top with beaten egg. Repeat with remaining filling and dough circles.

Place on prepared baking sheet and bake for 50 minutes or until golden brown on top.

Makes 7 Forfar Bridies.