

Taste the Hills

Recipes and Tips

Picnic Pie

For the pastry

250g plain flour
125g butter or vegetable shortening
2 eggs
1 tsp salt
1 dessert spoon caster sugar

For the filling

1 cup of cold, cooked rice (this soaks up the juices but is not essential)
2 sweet potatoes
2 red onions
2 cloves garlic
Half a butternut squash, peeled and sliced into half moon shapes 1 cm thick
1 bag of spinach or kale
1 packet of feta
2 big handfuls of mushrooms, sliced
3 eggs
Herbs
Oil
Salt, pepper, nutmeg

Put your fat for the pastry into the freezer.

Turn on the oven to 200 degrees. Put the sweet potatoes whole on to a tray. Cut the onions into halves and put them onto the tray as well along with the butternut squash. Drizzle with oil, season and roast for about 25 mins until everything is quite soft. Then allow to cool a little.

While the veg are cooking, start on the pastry.

Cube the fat and rub in by hand or put it with the flour, salt and sugar into a food processor and blitz. Break the eggs into a bowl and pour most of it in to the flour but keep back some to mix with little milk to glaze the pie before baking.

Blitz again or rub in, adding just a drop of cold water if you need to in order to be able to pull it together into two balls. Flatten the pastry into two discs, wrap and put in the fridge.

Wilt the spinach or kale in a pan or microwave. Chop, add the crumbled feta. Season and add grated nutmeg.

Fry the mushroom slices with the garlic until cooked.

Now roll out your pastry and line your tin so that there is a bit of overhang.

Spread the cooked rice on the base and then simply layer up all the filling. The onion should pull apart into layers and the sweet potato can be peeled and sliced.

Beat together the 3 eggs and tip over the whole thing before topping the pie with the rest of the rolled out pastry. Poke a nice big hole in the middle.

Brush with a little beaten egg and bake on a baking sheet at 175 degrees for about 45 minutes or until it looks good and solid.

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