

JAMAICA BEEF PATTIES

(MEAT PIES)

As Prepared by:

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2 lbs. minced beef ground with fat
2 bundles or about 8 sprigs of fresh thyme
1 teaspoon paprika for colouring
1/2 teaspoon accent (MSG)
2 oz. shallots
1 hot pepper
1 cup bread crumbs
1 teaspoon salt

Grind shallots and hot pepper. Add to ground meat with salt. Put in saucepan and add sprigs of thyme. Cook without adding water or oil until beef has lost its broth. Add paprika for coloring. Add bread crumbs and a little water. Cook for a few more minutes, add accent and put to cool.

Pastry for beef patties

1/2 oz. beef suet
1 teaspoon salt
4 cups flour
3/4 cup iced water

Grind suet as fine as possible. Combine salt and flour, then work in suet as you would shortening in plain pastry. Add iced water in just enough quantity to make a dough you can roll out.

Form into a ball, wrap in wax paper and place in refrigerator overnight. Sprinkle with flour before rolling out into a very thin sheet. Cut in circles about the size of a saucer. In the center of these circles place a portion of the prepared filling. Fold over to form a crescent and seal the edge with water, egg white or fold over the edges. Do not prick the pastry. Bake on ungreased tin in a preheated oven of 400° for 25 minutes. Crust may be colored with beaten egg yolk while it is still hot.