

Chilli Con Carne Pies

Serves 6

Preparation Time: 15 minutes

Cooking Time: 1 hour and 45 minutes

2 tablespoons oil

750g minced beef

2 onions, chopped

2 cloves garlic, crushed

1-2 teaspoons chilli powder

1 x 400g can peeled tomatoes

¼ cup tomato paste

½ cup beef stock

¼ cup red wine

1 bay leaf

1 x 375g can red kidney beans, drained

a few squares of dark chocolate

sea salt and pepper, to taste

1 x 310g can corn kernels, drained

2 sheets shortcrust pastry, thawed

1 egg yolk

2 tablespoons cornmeal (polenta)

Heat oil in a large saucepan and brown meat well. Add onions, garlic and chilli powder and cook, stirring occasionally for 5 minutes. Add next 5 ingredients and simmer covered for 1 hour. Add kidney beans and chocolate, season, and cook uncovered for 15 minutes. Divide between 6 x 1 cup soufflé dishes. Spoon corn over each and brush rims of dishes with egg yolk. Cut 6 x 11cm rounds of pastry and place on dishes. Brush pastry with egg yolk, sprinkle

with cornmeal and cut a cross in the centre of each pastry top. Bake 200°C for 20 minutes or until golden brown. Serve immediately.