



CARIBBEAN HAND HELD BEEF PIE

Spiced ground beef with ginger, scallions, jalapenos, onions, garlic, red peppers, lime juice and cheddar cheese seasoned with paprika, turmeric, allspice and fresh crushed thyme wrapped in a flaky dough baked till golden brown

Yield: 1 Meat Pie



INGREDIENTS

RICH'S HANDI-SPLIT BISCUIT DOUGH WITH 51% WHOLE GRAIN (#13457)

1.25 tsp. Canola Oil

2/3 oz Diced Onions, Fresh

2/3 oz Diced Red Bell Peppers, Fresh

1/4 oz Jalapeno Peppers, Fresh, Diced

1/4 oz Green Onions, Bunch, 1/8" Sliced

1/4 oz Minced Garlic Cloves, Fresh

1/4 oz Ginger Root, Fresh, Minced

1/4 oz Light Brown Sugar

1/4 oz Ground Paprika

1/4 oz turmeric

1/4 oz Ground Allspice

1/4 oz Kosher Salt

1/4 oz Thyme, Dried, Crushed

2 oz Cheddar cheese, shredded

10 oz Ground Beef, 80/20, Raw

1.25 tsp. Lime Juice

1/4 C Broth, Beef, Low Sodium

1 tbsp. Liquid Egg w/Citric Acid

2 tsp. Water

DIRECTIONS

- 1 Thaw biscuit dough puck, covered, either at room temperature 15-30 minutes until flexible or refrigerated overnight.
- 2 Heat oil in pan and add onions and red peppers sauté for 5 minutes until soft, add spring onions.
- 3 Add mince, garlic, ginger, brown sugar, jalapeno, paprika, allspice, turmeric, and salt. Stir through until beef has browned.

CHEF NOTES

This recipe provides 2 oz grain eq. and 1.75 MMA per 1 handheld in accordance with USDA guidelines for child nutrition.

- 4 If there is excess oil, remove the oil after the beef is brown.
- 5 Finally add fresh thyme and beef broth.
- 6 Place lid on and leave to simmer for 15 minutes to reduce and thicken.
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- 8 Remove from heat and add cheese and lime juice.
- 9 Stir until cheese has melted and cool to below 40 degrees.
- 10 When you are ready to shape the patties, whisk together the egg, water, and turmeric until smooth.
- 11 Flatten each thawed biscuit dough puck to about 5 1/2-6 inches in diameter. This step is easiest using a Tortilla press lined with parchment paper or plastic wrap. This step can be done in advance and Biscuit flats can be kept in the cooler. Use parchment in between each flat to avoid sticking.
- 12 Moisten edges of each dough circle; deposit 2 #16 scoops (1/2 cup) of filling mixture onto dough piece.
- 13 Fold dough over filling and crimp edges with a fork to seal; poke tops several times to vent.
- 14 Brush the tops evenly with the egg wash.
- 15 Place hand pies on baking pans with pan spray treated parchment paper.
- 16 Bake in a 350° F preheated oven for 8 -12 minutes (rotate pan after 4 minutes of baking).