



**LOL!**  
What cheese  
surrounds a  
medieval castle?  
**Mozzarella!**

**DID YOU  
KNOW?**

Forks were only  
introduced to  
England in the  
17th century!

# MAKE A TASTY MEDIEVAL MEAT PIE

FEAST LIKE A LORD WITH THIS SIMPLE RECIPE TO CREATE A CASTLE-THEMED PIE!

Pies were a popular way for people living in castles to enjoy their favourite meat and poultry. They were also flavoured with expensive spices that were a delicacy and sign of how wealthy you were. Here's a recipe for your own delicious pie with a crenellated crust to look like castle battlements! Don't forget to ask a grown up to help you make it.

## INGREDIENTS:

- 1 tablespoon olive oil
- 1 onion
- Carrot
- Sticks of celery
- 600g your favourite meat (beef mince, diced chicken, pork mince etc)
- 2 tablespoons tomato puree
- 400g tin chopped tomatoes
- 1 tablespoon ground ginger
- 1 teaspoon cinnamon
- 1 teaspoon cloves
- 1 teaspoon nutmeg
- Salt and pepper
- 1 sheet puff-pastry
- 1 egg

## METHOD:

- Preheat the oven to 180°C. Chop up the onion, carrot and celery.
- Put a large saucepan on the hob and heat the oil. Gently fry the onion, carrot and celery until they're soft.
- Add your meat of choice and cook for 6–8 minutes on a medium heat.
- Add the tomato puree, tomatoes and spices, salt and pepper and stir it all together. Simmer for 30 minutes to let the liquid evaporate.
- Pour the mixture into a 24cm pie dish and cover with the pastry sheet. Trim the edges, prick it with a fork and cut a slit in the centre. Then beat the egg and brush it over the pastry.
- Using the leftover pastry make a strip and cut squares into it to make your castle wall. Place this around the outside of your pie, prick it with a fork, and brush with egg.
- Bake for 25 minutes or until pastry is golden.
- Invite your friends and family to get stuck in!



ENGLISH  
HERITAGE