



Valentine[®]
SWISS MADE

Recipe n°5

MEAT PIES

Prepared with the Valentine TF3 fryer
by Chef Philippe Lignon





Valentine presents a recipe created by Chef Philippe Ligron

RECIPE N°5

MEAT PIES

FOR 4 PERSONS

Preparation time	35 min
Cooking time	7 min

Ingredients

Flour	200 gr
Salt	1 pinch
Water	100 ml
Shallots	1 piece
Eggs	2 pieces
Minced meat (beef)	100 gr
Aromatic herbs	1 pinch
Powdered spices (for instance curry)	1 pinch
Fresh ginger grated	10 gr
Grapefruit	1 piece
Cornflour	20 gr
Port wine	40 ml
Seasonal salad washed and drained	100 gr
Vinaigrette	10 ml

Material needed

Valentine TF3 fryer
Absorbent paper towel
Scale
Cookie cutter

METHOD

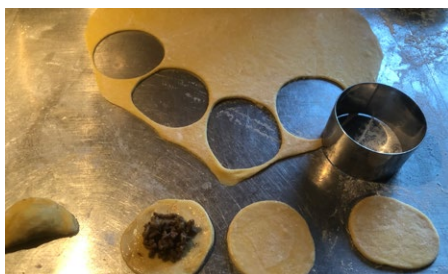
- Dissolve the salt in the water.
- Gently mix the flour and eggs. When this mixture is homogeneous, add the salted water. Add some flour if necessary. The dough should have the texture of cake dough.
- Leave to rest in the refrigerator.



- In the meantime, finely chop the shallots and brown them in a pan with hot oil.
- Add the grated ginger.
- Then add the beef and cook until the meat is dry. There should not be any meat "juice" left over.
- Adjust the seasoning and add the spices and/or aromatic herbs you want, leave to cool.
- Make zests from the grapefruit (without the inner white part). Cut them thinly and blanch them quickly in boiling water. This operation removes the bitterness from the skin and preserves the scents.



- Squeeze the grapefruit juice, dissolve the cornflour in a little bit of grapefruit juice. Reduce the rest of the juice to 1/3 in a saucepan.
- Add the Port wine and bind the grapefruit coulis with the previously prepared cornflour and grapefruit juice mixture. Adjust the seasoning and leave aside.



- Roll out the dough thinly and cut it with a cookie cutter. Lightly humidify the edges of the circles with some water.
- Put some meat mixture in the center and close the patty.
- Heat the TF3 fryer to 180°C and make a test with one ravioli. Then fry them all.
- Once browned, drain them on absorbent paper and dress with some seasonal salad on some grapefruit coulis. Enjoy your meal!



DID YOU KNOW?

You know how much I particularly like to share with you a few lines on the origins of the recipes I propose. It is true that origins are very often lost in our gastronomic history and I am always keen to understand and learn more about them.

With the pies I propose, I must admit that I rather quickly stopped my researches as at the time I wrote these few lines, it was impossible for me to certify that our dear "Rissoles" in french are from our region...

Indeed, if you have a closer look to it, you quickly realize that this recipe is an international one. Probably because these small bites have the advantage of being easily customizable according to many parameters.

The first and most important of them in my opinion is the fact that we can use different food we can have in our fridge: a slice of ham, a few vegetables or even fruits for the sweet version of it.

I herewith propose you a fairly basic recipe as the pies can be prepared in a salty or a sweet version.

With meat as suggested in this recipe, with seafood (for example shrimps) as done in certain parts of Asia or even better, with vegetables which are too often forgotten. Indulge yourself, that's what cooking is: love from others but also for yourself by letting your creativity express itself.

Should you not have enough time to prepare a sauce or a coulis as suggested in this recipe, don't worry! Just serve a soy sauce, a homemade ketchup, a pesto or even just a plain yoghurt that you will have perfumed with some air-dried herbs or grounded spices.

Cooking is about sharing emotions: those coming from the heart for those you love.