

# my delicious year

## Background

### Introducing the My Delicious Year monthly cook-a-long

#### What is it?

Join in for a once a month cook-a-long. On the first day of each month I will provide you with a recipe and shopping list. The recipe will be affordably priced and of easy to moderate difficulty.

#### When will it take place?

The cook-a-long will take place on the [third](#) Wednesday of each month. An event will be created on the [My Delicious Year](#) Facebook page at the start of each month. Please join the group to stay up to date, and don't forget to invite your friends to join in.

#### Where will the cook-a-long take place?

The idea is for you to cook the recipe in the comfort of your own home. Cook the selected recipe for your family, friends, neighbours or someone special. Once you are finished cooking, take a moment and capture a photo your meal. Post your picture and comments on the [My Delicious Year](#) Facebook page or share it on instagram using the hashtag [#cookalong](#) and tag [@mydeliciousyear](#).

#### Why a cook-a-long?

One of the main goals I set when starting out on this blogging adventure was to inspire others to cook. The idea behind the cook-a-long is to encourage you to try a new recipe each month by making it accessible to all and as simple as possible. After the cook-a-long we can then come together as a group to talk about the recipe – like a virtual book club, but for recipes.

**The July cook-a-long will take place on Wednesday 17 July.**

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## Recipe

### Savoury lamb pie

(July 2009, p.94)

Serves 6

1 tbs olive oil  
250g bacon, finely chopped  
500g lean lamb mince  
1 large onion, finely chopped  
2 carrots, finely chopped  
1 tbs tomato paste  
1 tbs fresh thyme leaves  
½ tsp mixed dried herbs  
1 tbs tomato sauce (ketchup)  
400g can chopped tomatoes  
2 tsp Worcestershire sauce  
300ml beef stock  
2 large sheets frozen short-crust pastry (quiche-size), thawed  
1 egg, lightly beaten

1. Grease a 23cm round metal pie dish or loose-bottomed tart pan.
2. Heat the oil in a large saucepan over medium-high heat. Add bacon and cook, stirring, for 3 minutes or until crisp. Add lamb and cook for 5 minutes, breaking the meat up with a wooden spoon, until brown. Spoon mixture into a bowl, then set aside.
3. Drain all but 1 tablespoon of fat from the pan. Add onion and cook, stirring, over medium heat for 5 minutes or until soft and lightly browned. Add carrot and cook for a further 5 minutes until just coloured. Return the bacon and lamb to the pan with the tomato paste, then stir to combine.
4. Add thyme, mixed herbs, tomato sauce, tomato, Worcestershire and stock. Season with pepper. Simmer, uncovered, over low heat for 45 minutes, stirring occasionally, until all the liquid has evaporated and the sauce is rich and thick. Allow to cool.

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5. Use 1 sheet of pastry to line the pie dish. Spoon in the cooled lamb mixture, then brush the pastry edges with water. Lay the remaining pastry sheet over the top, press down around the edges of the pastry to seal, then trim off the excess. Decorate the edges with the prongs of a fork. Brush with the beaten egg and make a few slits in the pastry to allow the steam to escape. Chill the pie for 20 minutes.
6. Preheat the oven to 200 degrees Celsius and place a baking tray on the top shelf. Place pie on the tray and bake for 40-45 minutes until pastry is crisp and golden, then serve.

## My Delicious Year Cook's Notes:

- If you want to have a go at making your own shortcrust pastry, try this recipe here - <http://www.taste.com.au/recipes/13034/shortcrust+pastry>
- Why not double the recipe and use the mince as a savoury toastie filling for another night during the week when you don't feel like cooking
- Be adventurous and make little pies by baking your pies in a muffin pan instead.

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## Shopping List

<b>Four - Six people</b>	
1 tbs olive oil	
250g bacon	
500g lean lamb mince	
1 large onion	
2 carrots	
1 tbs tomato paste	
1 tbs fresh thyme leaves	
½ tsp mixed dried herbs	
1 tbs tomato sauce (ketchup)	
400g can chopped tomatoes	
2 tsp Worcestershire sauce	
300ml beef stock	
2 large sheets frozen short-crust pastry	
1 egg	