

Christmas Recipes: Cakes & Tarts. No.5 of 7 - Old Mince Pies

Contributed by Administrator
Friday, 04 November 2005

Christmas Recipes: Cakes & Tarts. No.5 of 7 - Old Mince Pies

by Paul Curran

Christmas recipe makes: 24 pies
calories per serving: 105
preparation time: 30 minutes
cooking time: 25 minutes
suitable for freezing

Christmas recipe ingredients:

- * butter, 125 g (4 oz)
- * white flour, plain 225 g (8 oz)
- * mincemeat, 225 g (8 oz)
- * egg, lightly beaten 1
- * caster sugar
- * cream

Fruity Mincemeat:

- * lemon, grated rind and juice from 1
- * raisins/sultanas, 125 g (4 oz) of each
- * currants & dried peaches (or apricots, pears), 125 g (4 oz) of each
- * mixed spice, 1.25 ml (quarter tsp)
- * sugar, light brown 100 g (3.5 oz)
- * brandy, 100 ml (4 fl oz)
- * eating apples, 200 g (7 oz)
- * white grapes, seedless 125 g (4 oz)

Christmas recipe instructions:

1. Mincemeat: Combine the brandy, brown sugar, mixed spice, dried fruit, and lemon rind with juice. Add cubed apple and halved grapes. Mix and keep at about 5 degrees centigrade for a minimum of a day.
2. Make a dough with water (60 ml, 4 tbsp), the butter and flour. Knead until smooth and roll out a layer of thin pastry. Cut out 48 round pieces of pastry using a cutter (5.5 cm, 2.25 inch).
3. Place some mincemeat in the middle of each and seal with another round piece wetting the edges before closing. Pierce the top for ventilation purposes.
4. Bake the mincepies until set but not browned at gas mark 6 (200 degrees centigrade, 400 F).
5. When ready, remove from the oven, brush with beaten egg white and sprinkle withg caster sugar. Bake again for an additional 10 minutes or until well browned.
6. Serve warm with cream.

About the Author

(c) Paul Curran, CEO of Cuzcom Internet Publishing Group and webmaster at Gifts-for-Christmas.com, bringing you christmas recipes and unique gifts for christmas including their online home collectibles, russian gifts, cookies, jewelry.