

* double recipe *

VEGETABLE PIES

roasted garlicky pumpkin and sage pies

900g (1¾ pounds) butternut pumpkin,
chopped coarsely
4 cloves garlic, unpeeled
1 tablespoon olive oil
3 eggs, beaten lightly
½ cup (125ml) pouring cream
¼ cup coarsely chopped fresh sage
75g (2½ ounces) fetta cheese
1½ tablespoons pine nuts

SPICY PASTRY

1½ cups (225g) plain (all-purpose) flour
1 teaspoon ground coriander
1 teaspoon cumin seeds
125g (4 ounces) cold butter, chopped coarsely
1 egg yolk
2 tablespoons iced water, approximately

- 1 Preheat oven to 220°C/425°F.
- 2 Place pumpkin and garlic on baking-paper-lined oven tray, drizzle with oil. Bake about 20 minutes or until tender. Transfer to large bowl; cool 5 minutes. Squeeze garlic from skins. Mash pumpkin and garlic coarsely with a fork. Stir in eggs, cream and sage; season.
- 3 Meanwhile, make spicy pastry.
- 4 Grease six 9cm x 12cm (3½-inch x 5-inch) oval pie tins. Divide pastry into six even pieces. Roll each piece between sheets of baking paper until large enough to line tins. Lift pastry into tins; press into side, trim edge. Refrigerate 20 minutes.
- 5 Reduce oven to 200°C/400°F. Place tins on oven tray; cover pastry with baking paper, fill with dried beans or rice. Bake 10 minutes. Remove paper and beans; bake about 5 minutes or until browned lightly. Cool.
- 6 Fill pastry cases with pumpkin mixture. Sprinkle with crumbled cheese and nuts. Bake about 35 minutes or until set and browned.

SPICY PASTRY Process flour, spices and butter until crumbly. Add egg yolk and most of the water; process until ingredients just come together. Enclose pastry in plastic wrap; refrigerate 30 minutes.

prep + cook time 1 hour 30 minutes
(+ refrigeration) makes 6
nutritional count per serving 40g total fat
(21.3g saturated fat); 2353kJ (563 cal);
36.2g carbohydrate; 14g protein; 3.5g fibre