



Kangaroo pie (serves 6)

No wheat and no yeast!

Equipment:

Baking sheet & silicone pie / quiche pan
(25 cm diameter, 3 cm depth)

Disposal gloves (optional)



Ingredients

Filling:

200g kangaroo mince
1 carrot, 1 onion, 1 capsicum, 4-5 mushrooms
100g pumpkin –not peeled
(or eggplant– peeled)
3 cloves garlic
ginger (roughly same amount of garlic)
1 tablespoon tomato paste
1 bay leaf
1 small cinnamon stick
¼ cup red wine (optional)
2 tablespoons avocado (or other) oil to fry
2 teaspoons starch (tapioca, potato or corn)
dissolved in ¼ cup water
½ -1 teaspoon each: cumin, turmeric, paprika
nutmeg, smoke paprika, fennel etc.
¼ cup fresh herbs or 1 tablespoon dry herbs
(e.g. oregano, rosemary, basil, parsley etc.)
Salt & pepper to taste

Pie crust:

2 eggs—lightly beaten
⅔ cup tapioca starch
or cassava flour
1 cup almond meal
½ cup rice flour
+ extra for adjustment later
⅓ cup coconut flour
⅓ cup water
⅓ cup olive oil

Directions:

Filling

- 1) Cut all vegetables finely. (roughly same size)
- 2) Heat oil in a big frying pan and put all ingredients except for tomato paste, wine and starch.
- 3) When pumpkin (or eggplant) and carrots are cooked, put tomato paste and wine. Simmer for 5-10 minutes.
- 4) Dissolve starch in water and add to 3).



Pie crust

- 1) Heat the oven to 180°C.
- 2) Mix all flour and salt with whisk.
- 3) Add water, eggs and oil. Knead with hand and make one dough. (You can put disposable gloves on.)
- 4) Divide into 2. (one is a bit bigger than the other)
- 5) Put the bigger one onto a silicone mould. Make it thin with your palm and lay on the mould.
- 6) Pour the filling into 5). *See the photo above.
- 7) On the baking sheet, roll the other dough to make the top covering for the pie.
- 8) Flip onto 6) and slowly peel the baking sheet. * See the photo below left.
- 9) Make sure the fillings covered and sealed. You can use a fork to make some marks. *See the photo below right.
- 10) Bake it for 25- 30 minutes or until it becomes lightly brown.
- 11) Cut the pie with a serrated edge knife like a bread knife as the pie is very crunchy. Serve with some salad.

