



Louisiana Fried Meat Pies with Cajun Tartar Sauce



Ingredients, Meat Pie Filling:

- 1 teaspoon vegetable oil
- 1 pound lean ground beef
- ½ pound ground pork
- 1 onion ; finely chopped
- ½ cup chopped bell pepper
- ½ cup chopped celery
- 1 ½ teaspoons salt
- ¼ teaspoon cayenne pepper
- ½ teaspoon black pepper
- 2 tablespoons minced garlic
- 1 tablespoon flour
- 1 cup water
- ¼ cup green onion, sliced thin

Ingredients, the Pastry:

- 3 cups flour
- 1 ½ teaspoons salt
- ¾ teaspoon baking powder
- 6 tablespoons shortening
- 1 egg
- ¾ cup milk
- Egg wash (1 egg beaten with 2 tablespoons water)
- Vegetable oil for frying

Ingredients, Cajun Tartar Sauce:

1 large Egg
1 tablespoon minced garlic
2 tablespoons fresh lemon juice
1 tablespoon chopped fresh parsley
2 tablespoons chopped green onions
½-cup vegetable oil
½-cup olive oil
¼-teaspoon cayenne
1-tablespoon Creole mustard
1-teaspoon salt

**Method:**

1. In a large skillet, heat 1-teaspoon oil and cook beef and pork, stirring occasionally, until browned, about 5 to 6 minutes.
2. Add onions, bell peppers, celery, salt, cayenne, and black pepper. Cook, stirring often, until the vegetables are wilted, about 10 to 12 minutes. Add the garlic and cook for 2 to 3 minutes.
3. Dissolve the flour in the water and add to the meat mixture. Stir until the mixture thickens slightly, about 3 minutes. Remove from the heat and add green onions. Mix well and let cool.
4. In a mixing bowl, sift together flour, salt, and baking powder. Cut in the shortening until mixture resembles coarse meal. In a small bowl, beat the egg with the milk. Gradually add the egg mixture to the flour mixture, working it to make a thick dough.
5. Pinch off a medium size ball of dough. Roll out ball of dough on lightly floured surface until you get approximately 5-inch circle. Place about $\frac{1}{4}$ cup of meat filling in the center of each round and brush edges lightly with egg wash. Fold edges together and crimp closed with a fork.
6. Heat oil in a deep pot or electric deep fryer to 360 degrees. Fry the pies, in batches, until golden. Drain on paper towels and serve immediately.

Method for Cajun Tartar Sauce:

1. Place the egg, garlic, lemon juice, parsley and green onions in a food processor and process for about 15 seconds until pureed.
2. With the processor running, pour the oil through the feed tube in a steady stream. Add the cayenne, mustard, and salt.