



Natchitoches Louisiana Official Meat Pie



Ingredients, Meat Pie Filling

- 1 teaspoon shortening
- 1 pound ground beef
- 1 pound ground pork meat
- 1 bunch green onions, chopped
- 1 pod garlic, minced
- 1 bell pepper, chopped
- 1 medium onion, chopped
- Salt, black pepper and red pepper to taste
- 1 tablespoon flour

Ingredients, Meat Pie Crust

- 1 quart plain flour
- 2 teaspoons salt
- 1 teaspoon baking powder
- 2 eggs
- 1/2 cup shortening + 1T
- 1 cup milk

Method, Meat Filling:

1. Melt shortening in heavy pot. Add meat. Cook until pink is gone.
2. Add vegetables, season to taste. (Season well, as meat will lose seasoning during frying.)
3. When meat is done and vegetables glazed, remove from heat and drain excess liquid.
4. Stir in 1-tablespoon flour.

Method, Crust:

1. Sift dry ingredients together.
2. Cut in shortening.
3. Beat egg and add to milk.
4. Work gradually into dry ingredients until proper consistency to roll.
5. Break into small pieces and roll very thin.
6. Cut into rounds using a saucer as a guide.

Method to assemble:

1. Place a large tablespoon of prepared meat along edge and halfway in the center of round dough.
2. Fold the other half over, making edges meet and seal with water. Form edges with fork.
3. Drop in deep fat and cook until golden brown. Drain and serve hot.