



## Shropshire Fidget Pie

**This classic combination of potatoes onions, apples and bacon is packed inside a pastry crust and would have been typical of the thrifty and filling food that was fed to farm workers at the end of a long hard day in the fields.**

**Serves 4-5**

75g/3oz plain (all-purpose) flour

75g/3oz plain wholemeal (whole- wheat) flour

pinch of salt

40g / 1 ½ oz. / 3 tbsp. lard, diced

40g / 1 ½ oz. / 3 tbsp. butter, diced

15ml / 1 tbsp. oil

225g / 8oz lean bacon or gammon (smoked or cured ham), cut into small strips

2 medium onions, thinly sliced

450g / 1 lb potatoes, thinly sliced

10ml / 2 tsp sugar

2 medium Cooking apples

4 fresh sage leaves, finely chopped

salt and ground black pepper

300ml / ½ pint / 1 ¼ cups vegetable stock or medium dry (hard) cider

beaten egg or milk, to glaze



1. Sift the two flours and salt into a bowl and rub in the fats until the mixture resembles fine crumbs. Mix in enough cold water to bind the mixture, gathering it into a ball of dough. Chill for 30 minutes.
2. Preheat the oven to 180°C / 350°F / Gas 4. Heat the oil in a large non-stick pan and cook the bacon until crisp. Transfer to a large mixing bowl.
3. Add the onions, potatoes and sugar to the hot pan and brown until beginning to soften. Add to the bowl.
4. Peel, core and slice the apples and add to the bowl. Stir in the sage, season with salt and pepper and mix well. Tip the mixture into a 1.5 litre / 2 ½ pint / 6 ¼ cup pie dish, level the surface and pour the stock or cider over.
5. Roll out the pastry on a lightly floured surface to a shape large enough to cover the dish. Brush the edges of the dish with milk or beaten egg, lay the pastry lid over the top, trim the edges and make a slit in the centre. Brush the lid with beaten egg or milk.
6. Put into the hot oven and cook for about 1 hour, until the crust is golden brown and the filling is cooked through.