

# Forfar Bridies

...a great fast food if you make ahead of time and freeze

By Joe Campbell

## ingredients:

- 12 ounces ground lamb
- 1 onion, chopped
- 2 tbsp beef broth
- 1 tsp Worcestershire sauce
- ¼ tsp salt, or to taste
- ¼ tsp. ground pepper, or to taste
- 1 recipe pastry for double-crust pie
- 1 egg lightly beaten

## directions:

- Preheat oven to 350 F.
- In a large heavy skillet over medium heat, cook lamb until evenly brown. Drain excess fat. Remove from heat, and stir in onion, beef broth, and Worcestershire sauce. Season with salt and pepper.
- On a lightly floured surface, roll pastry out to 1/8 thickness. Cut into 6-inch rounds. Place approximately ½ cup filling on one half of each round. Fold the pastry in half over the filling and crimp edges to seal. Brush lightly with beaten egg white, and cut 3 slits in the top to allow steam to escape. Place on baking sheet.
- Bake in preheated oven for 30 to 35 minutes or until golden brown.