

Savoury spring pies

Search:

- [Dinner](#)
- [Vegetables](#)
- [Recipes](#)

Savoury spring pies

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js =  
d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1";  
fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));  
Tweet !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.cre  
ateElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,  
fjs);}}(document,"script","twitter-wjs");
```



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true;  
po.src = 'https://apis.google.com/js/plusone.js'; var s =  
document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
```

[Add to favorites](#)

Savoury spring pies



Rate this recipe

0 people are cooking this [Count me in](#)

Capture the fresh flavours of spring with these beautiful little handmade pies.

Ingredients

Dough

- 2 cups whole [spelt flour](#)
- ½ tsp fine sea salt
- 1/3 cup [coconut oil](#) or ghee, melted

Filling

- 1 bunch spring onions, green parts only
- Fine sea salt
- 2 garlic cloves, minced
- 1 cup shelled [peas](#)
- ¼ cup capers
- Grated zest of 1 lemon
- 1/3 cup crumbled goat or sheep [feta](#)
- 1 tbsp [caraway](#) seeds

Savoury spring pies

- Freshly ground black pepper
- 1 large egg, beaten with 2 tbsp water
- Hot sauce for serving, if desired
- Knob of ghee or coconut oil

Method

To make the dough, sift flour and salt into a large mixing bowl. Pour in oil and blend with a fork. Mix in a couple of tablespoons of water; then add one tablespoon at a time, until dough is no longer crumbly. Knead until it just comes together. Cover with a damp towel and allow it to rest at room temperature for about one hour.

Meanwhile, preheat oven to 200°C.

To make the filling, heat the ghee in a frying pan over medium heat. Add the spring onion and a few pinches of salt. Cook until wilted and slightly golden, seven to 10 minutes. Add the garlic and cook for one minute more. Remove from heat and stir in peas, capers, lemon zest, feta, and caraway seeds. Season with salt and pepper.

To put your pies together, divide dough into six balls. Using a rolling pin, roll out each ball into 18cm rounds, as evenly as possible. Put about a sixth of the filling on one side of each round and fold the other half over to cover the filling. Press a fork around the edges to seal. Continue with remaining dough and filling. Brush dough lightly with the beaten egg, if desired.

Put pies on a baking-lined tray and bake for 20 to 25 minutes, or until lightly golden. Serve with hot sauce on the side.

Recipe and images from *My New Roots* by [Sarah Britton](#)

NEXT: Try [Jamie Oliver's](#) sweet [fish pie](#)

```
function displayNutrition(msg) { $('#nutrition-label-container').text(msg); $('#nutrition-label-container').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { //$('#result').html(data); alert('This recipe was added to your favorites list'); }); }
```