

Beef and Vegetable Pot Pie

About 2 lbs Boiling Beef

1 T. bacon fat

½ large onion

3 medium potatoes, peeled and diced

3 medium carrots, sliced

Salt and pepper to taste (about 1/4t. salt, 1/16 pepper)

8" pie crust (recipe below)

3 T. flour

2 c. water and 1 c. broth from cooking meat

Ahead of time: Cook Boiling Beef on high in crockpot with ¾ c. water and ¼ t. salt for about 6 hours or until tender and meat is pulling away from bones.

Cook onion in bacon fat. Add potatoes, carrots, onions, water and beef broth. Add salt and pepper. Bring to a boil and cook until vegetables are tender. While vegetables are cooking, cut up meat, removing bone and pieces of membrane (these can be saved and added to more bones to make bone broth). Thicken gravy with 3 T. flour mixed in ¼ c. water. Stir in vegetables and cook until thickened – about 1 minute. Stir in beef. Pour into buttered 8" casserole dish. Cover with crust and make several slits to allow steam to escape. Bake at 425 degrees for about 20 minutes or until crust is golden brown.

Pastry for pie crust

1 c. flour (we use fresh ground whole wheat pastry flour or einkorn flour)

½ t. salt

½ stick butter

3 T. ice water, approx.

Stir together flour and salt. Cut butter into flour using a pastry blender until the pieces are about the size of split peas. (A cheese grater also works well to do the butter.) Moisten with ice water a little at a time, using a fork to toss aside the part that has been moistened. Gather dough together and press into a ball. Roll out on a lightly floured wooden cutting board. Roll, turning around but not over, several times throughout, to about 8" diameter and about 1/8" thick.

Recipe by Knight Family Farm