

RECIPE

SAUSAGE & KALE HAND PIES

INGREDIENTS:

- 1 lb pork sausage, casings removed
- 1 bunch of kale, stemmed, washed and roughly chopped
- 2 tbsp olive oil
- 1 med yellow onion, diced
- 2 garlic cloves, minced
- 1/4 tsp ground nutmeg
- 1/4 cup dry white wine
- 1/4 cup sour cream
- 1/2 cup whipped cream cheese
- 2 tbsp seasoned breadcrumbs
- prepared pie crust, homemade or store bought
- 1 lg egg, gently whisked
- salt and pepper, to taste

DIRECTIONS:

Preheat oven to 425 degrees.

Start by heating a high-sided sauce pan over medium-high heat and sauté the onions and garlic in the olive oil for about 1 minute and season with a pinch of salt and a few cracks of freshly ground black pepper. Add in the chopped kale and toss to coat with the olive oil, onions and garlic. When the kale is just wilted, sprinkle in the ground nutmeg and toss to combine. Deglaze the pan with the white wine and let reduce until all liquid is evaporated, about 3 minutes. Remove the contents from the pan into a mixing bowl and set aside.

Place the pan back over the medium-high heat and add in the ground sausage. Using a flat sided wooden spoon, break up the sausage in to bite-sized bits. Continue to cook the sausage until nicely golden brown. Removed the sausage from the pan with a slotted spoon, making sure not to transfer too much of the oils on the bottom of the pan, and put in the mixing bowl with the kale mixture. Add in the sour cream, whipped cream cheese and seasoned breadcrumbs and toss all the ingredients together to combine well. Set aside and let cool completely.

In the meantime, roll out your dough into approximately 6” rounds, about 1/4 inch in thickness. Place a heaping spoonful of the sausage and kale mixture on one side of the dough round, making sure to leave about a 1/2” on the edge for folding. Fold one side over and using your fingers, gather and pinch the dough around the edge to form a half moon shape. Continue until the mixture is finished.

Place all your hand pies on a non-stick baking sheet and with a pastry brush, gently brush the dough with your egg wash. This will give the hand pies a beautiful golden brown color. Place in the preheated oven for about 12-15 minutes or until dough is nicely golden brown. Serve hot!

Serving: makes 8 hand pies.
