



Belizean Meat Pies



12 meat pies



@ 60 mins

INGREDIENTS

- 1 lb Ground Beef
- 1 small Onion, finely chopped
- 1/2 cup Bell Pepper, chopped
- 1/4 cup chopped Cilantro
- 2 Tbsp Annatto Paste
- 1 tsp Beef Bouillon
- 1 Tbsp Cornstarch
- 1 1/2 cups Water
- 1/2 tsp Seasoned Salt
- 1 box Refrigerated Pie Crusts
- 1 Egg, beaten

DIRECTIONS

- In a large skillet, brown the ground beef, then drain
- Add the onion and bell pepper. Sauté for about 5 minutes until soft.
- Stir in the cilantro and seasoned salt. Cook for 1 minute.
- In a separate bowl, whisk together the Annatto, beef bouillon, and 1 1/2 cups of water until dissolved.
- Pour this liquid into the meat mixture. Bring to a gentle simmer and cook for 10 minutes.
- In a small cup, whisk the 1 Tbsp of cornstarch with 2 Tbsp of water, then stir into the meat mixture.
- Stir constantly until it is thick enough to coat a spoon, but still a little bit "saucy"
- Let the filling cool down completely while you prepare the crusts.
- Preheat your oven to 400°F (200°C).
- Lightly grease a standard 12-cup muffin tin.
- Unroll the two pre-made pie crusts.
- For the Bottom Crust: Use a large round cutter (about 4" wide) or a wide-mouth glass to cut out 12 circles from the dough. Press a circle into the bottom and up the sides of each muffin cup.
- For the Top Crust: Use a slightly smaller cutter (about 3") to cut out 12 smaller circles for the lids.
- Spoon the cooled filling into each dough-lined muffin cup, filling it about 3/4 full. Don't overfill, or they'll bubble out!
- Brush the top rim/edge of the bottom crust with the beaten egg. This acts as the "glue" for the lid.
- SEE NEXT PAGE



Belizean Meat Pies - continued

- Place the smaller top crust circle over the filling and gently press the edges to seal the top and bottom crusts together firmly all the way around.
- Use a toothpick or skewer to poke a small hole in the middle of the top crust so steam can escape.
- Brush the tops of the pies with the remaining beaten egg for a beautiful golden shine.
- Bake for 15-20 minutes, or until the crust is golden brown.

NOTES:

- The frozen pie crusts are to save time. The crust is always made from scratch in Belize.
- The Annatto Paste is critical. It is the essential ingredient that makes it uniquely Belizean, giving the rich meat filling its signature color and earthy, smoky flavor.
- You can find Annatto Paste in Mexican or Latin American Specialty Grocery Stores, or in the International Aisles of grocery stores.
- Another name for Annatto is Achiote.
- If all you can find is Achiote Powder, here's what you can do:
- Instead of the 2 Tablespoons of paste, use:
 - Achiote Powder: 2 teaspoons (Goya is a common Brand Name)
 - White Vinegar: 1 tablespoon
 - Garlic Powder: 1/2 teaspoon
 - Dried Oregano: 1/4 teaspoon
 - Ground Cumin: 1/4 teaspoon