

Winter Wicca Pie

by Shane Jordan

inspired recipe

This is a simple recipe made using organic seasonal vegetables and a variety of herbs. Not only does this traditional pie provide comfort and warmth during the winter months, but the ingredients have a deeply healing and spiritual quality to them too: carrots are rich in dietary fiber, parsnips are full of potassium whilst the shallots and leeks contain important minerals. Ginger and black pepper both provide natural antioxidants and improve circulation to all parts of the body. Additionally, garlic contributes towards improved circulation. Eating seasonally means eating vegetables at their peak; taking all the vitality and nutrients from particular seasonal vegetables to achieve wellbeing and balance within your body. Wicca is a faith that believes in the power of nature and the spiritual powers of the seasons. I have called it the 'Winter Wicca Pie' because I believe this pie combines both traditionalism and spiritualism, which are associated with Wicca beliefs.

Ingredients (serves 2-3):

- 2 large carrots, chopped and cubed
- 2 large parsnips, chopped and cubed
- 1 large leek, chopped finely
- 1 clove of minced or chopped garlic
- 2 shallots, chopped
- 1 tbs of parsley + 1 tbs of chives
- 2 pinches of black pepper and 1 pinch of sea salt
- 1 tbs of vegetable powder + 2 tbs of tomato puree
- 500g Short crust pastry (preferably wholemeal) - homemade or readymade



Recipe:

1. Place a medium sized pan on a high heat with enough water to just cover the vegetables. When the water starts to boil add the carrots, parsnips, leeks and shallots. Reduce the heat and simmer the vegetables until they are cooked.
2. Drain the vegetables using a sieve, and transfer to an empty pan.
3. Add 1-2 tbs of water, vegetable powder and tomato puree to the pan.
4. Add the parsley, chives, black pepper, salt and garlic. Stir the mixture until the ingredients have been mixed together.
5. Preheat the oven to 190C/375F/Gas 5. Transfer the filling mixture to a dish, line the rim of the dish with a thin strip of pastry.
6. Dampen the pastry rim by brushing it with warmed butter. Cut a piece of pastry to fit over the top and place over the dish, pressing the edges together to seal it.
7. Trim the edges and make steam holes around the centre of the pie by slashing with a sharp knife, then brush with more melted butter.
8. Place the dish in the oven and cook for 1-1½ hours. Remove when the pastry has reached a golden-brown colour. Serve hot or cold.

... mmm, delicious!



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