

**Shropshire Fidget Pie**

Delicious 400 year old recipe from Shropshire – a gammon and apple pie.Why “Fidget” I hear you ask? Some sources say apples used to be called ‘fitchets’, some say ‘fitchet’ means 5 sided (as the pie often used to be) and others say ‘fitchet’ is slang for polecat – there are NO polecats in this recipe! Serves 4-6.

**3 large potatoes, peeled and chopped**

**2 onions, sliced**

**2 eating apples, peeled, cored and sliced or cubed**

**3 slices sweetcure gammon, de-rinded and cut into strips**

**2 teaspoon brown sugar**

**Salt and black pepper**

**½ teaspoon ground nutmeg**

**150 ml pork, or vegetable stock (5fl oz) or Apple juice as was used in Hiiumaa**

**225g shortcrust pastry (8oz)**

**150g grated cheese (6oz) optional – this is not traditional bit it tastes good!**

Preheat the oven to 200ºC and grease an oven proof dish.Boil, fully cook and mash the potatoes.

Put the onions, apples and gammon into a bowl and season then add the stock, and set to one side.

Line the bottom of your greased oven proof dish with shortcrust pastry. Drain off the stock from the mixture and add to the dish.Add a sprinkling of nutmeg and the sugar to the mixture.

If adding cheese, sprinkle it over the top then pipe mashed potato onto the top of the mixture. Don’t leave any spaces that the mixture can get through.Cook in the pre-hearted oven for 45 mins or until the mashed potato is golden brown.



 