

## Tourtière and Pâté Chinois (Québec Shepherd) Pie Recipes

### Tourtière Pie

Elizabeth Baird, *Best Recipes of the Maritime Provinces – The Best Tasting Recipes from Home Cooks and Leading Chefs* (Halifax: Formac Publishing Company Limited, 2012), p. 61

Contributed by Diane Wolford Sheppard

“Every Christmas Eve thousands of Acadian Families enjoy meat pie. Served with crunchy cole slaw, cranberry sauce or a traditional Québécois fruit relish, it is pure heaven”

1 small onion, minced  
1 teaspoon cinnamon  
1 teaspoon dried summer savory  
1 teaspoon salt  
1 teaspoon pepper  
½ teaspoon cloves  
½ teaspoon allspice  
2 tablespoons rendered pork or bacon fat  
1 pound ground beef  
1 pound ground pork  
½ cup beef stock  
1 medium waxy potato, peeled and grated  
Pastry for a deep 10-inch Double Crust Pie  
1 large egg yolk, beaten  
1 teaspoon rock salt

In a medium, steep-sided pot, sauté onions, spices, and seasoning in pork fat until translucent. Add beef and pork, stock and grated potato. Stir well to combine. Cook for 15 minutes over medium heat, stirring often, until meat is no longer pink. Let cool. Roll out pie dough into 2 12-inch rounds. Fit one round into a deep 10-inch pie plate. Add cooled filling to pie shell, mounding it in the centre of the pie. Cover with a second piece of pie dough and trim the edges with a knife. Press edges and flute. Using a pastry tip or apple corer, make a ½-inch vent hole in the center of top crust. Brush with beaten egg yolk and sprinkle with salt. Bake in a 350° oven for 45 minutes or until crust is deep brown in colour.

Serves 6

## Tourtière

Helen Gougeon and Carlo Italiano, Illustrator, *Original Canadian Cookbook* (Don Mills, Ontario: Collins Publishers, 1975), p. 16

Contributed by Gail Moreau-DesHarnais

“This is the famous Quebec minced pie associated with the early Christmas morning réveillon. Some cooks combine minced beef with port and it makes a good pie, but can’t be called a real tourtière.”

1 pound minced fresh pork	½ tsp. savory
1 small onion, diced	¼ tsp. celery pepper
1 small garlic clove	¼ tsp. cloves
½ tsp. salt	½ cup water

Combine ingredients in a Dutch oven or other heavy pot and bring to the boil.

Reduce heat and cook uncovered for 20 minutes, or long enough to remove the pink tone from the meat and to reduce most of the water. The mixture should be damp but not watery. Remove garlic clove.

Cool mixture and pour into unbaked pie shell. Cover with pastry and prick to allow steam to escape.

Bake at 450 degrees for 10 minutes, then reduce oven heat to 350 degrees and bake till crust is light brown. The pie is eaten hot and is delicious with chili sauce or other relishes.

If desired, the unbaked tourtière may be frozen and baked weeks later. (Makes 1 9-inch pie.)

This is the recipe I have used since 1979.

Gail Moreau-DesHarnais, FCHSM member

## Tourtière Recipe

Sally Eustice, *History from the Hearth – A Colonial Michilimackinac Cookbook* (Mackinac Island, Michigan: Mackinac State Historic Parks, 1997), p. 71

Contributed by Diane Wolford Sheppard

Filling:

1 ½ pounds lean ground pork  
1 onion  
2 tablespoons butter  
1 clove garlic, crushed  
1 ¼ cups boiling water  
1 cube chicken bouillon  
2 tablespoons cornstarch  
¼ teaspoon each: salt, pepper, sage, ground cinnamon, ground cloves

Brown meat and onion in butter. Add garlic, bouillon, and water and simmer 20 minutes. Add spices and cornstarch and stir thoroughly.

Prepare pie crust. Sally Eustice’s recipe gives directions for cooking in a dutch oven over an open fire for one hour. You can use the directions for baking in the previous recipes.

### **Pâté Chinois**

Helen Gougeon and Carlo Italiano, Illustrator, *Original Canadian Cookbook* (Don Mills, Ontario: Collins Publishers, 1975), p. 19

Contributed by Diane Wolford Sheppard

Helen notes that this recipe is called Shepherd's Pie in all of the other provinces.

4 tablespoon butter  
1 ½ pounds minced beef, fresh  
1 onion, chopped  
Salt and pepper  
1 can creamed corn  
3 cups mashed potatoes  
Butter

Melt butter and cook onion till golden. Add meat and stir till all trace of pink is gone. Salt to taste.

Pour meat and onion into greased casserole, spread corn over top and spoon, or pipe mashed potatoes, salted and peppered to taste, over top. Sprinkle with paprika and dot with butter. Bake in 375 degree oven for 25 to 30 minutes. Serves 6.

### **Pâté Chinois**

Micheline Mongrain Dontigny, *Traditional Québec Cooking: A Treasure of Heirloom Recipes* (La Tuque, Québec: Les Editions la bonne recette, 1995), p. 71.

Contributed by Gail Moreau-DesHarnais

2 cups leftover cooked beef with cooking juice OR  
1 pound ground beef  
1 can creamed corn (14 ounces)  
3 cups mashed potatoes  
Paprika

1. If using leftover beef, grind and mix with cooking juice. If using ground beef, sauté in oil or butter.
2. Place meat in an oven casserole, cover with creamed corn, and finish with mashed potatoes.
3. Sprinkle with paprika
4. Bake for about 45 minutes at 350°.
5. Serve with homemade ketchup and pickles.