Bean and Cheese Hand Pies

8 hand pies; 2 pies per serving · Active 40 min · Total 1 hr 30 min

Skills: Moderate

Ingredients

- 2 1/2 cups all-purpose flour (300 g)
- 1/2 teaspoon fine salt (3 g), divided
- 1/4 cup neutral oil (60 ml), for the pastry
- 9 tablespoons water (135 ml), at room temperature
- 1 teaspoon neutral oil (5 ml), for the onion
- 1 small onion (100 g), finely diced
- 2 cups plain cooked pinto beans, well drained (340 g)
- 3/4 cup grated cheddar (80 g)
- 1 teaspoon ground cumin (2 g)
- 1/4 teaspoon black pepper (0.5 g)

Set out

Mixing bowl, Small skillet, Rolling pin, Large baking tray, Baking parchment, Fork, Food thermometer

Allergens

Milk, Wheat. Check labels and substitutions.

Make it

1. Mix flour and half the salt in the bowl. Add the pastry oil and water and stir into a dough. Knead gently for about 30 seconds, cover and rest for 20 minutes.

2. Heat the remaining teaspoon of oil in the skillet over medium-low heat. Cook onion for 7–8 minutes until soft. Put beans in a bowl and mash about two-thirds. Stir in onion, cheddar, cumin, pepper and remaining salt. Spread in a shallow layer and cool for 15 minutes; do not leave it out beyond 2 hours total.

3. Heat oven to 400°F/200°C and line the tray. Divide dough into 8 equal pieces and filling into 8 portions. Roll each dough piece into a 6-inch/15 cm circle, keeping the other pieces covered.

4. Place one filling portion just off center on each circle. Dampen the edge lightly with water, fold over, press out air and seal with a fork. Cut a small steam slit in each top and arrange on the tray with space between them.

5. Bake for 25–30 minutes until the pastry is golden at the edges and the filling reaches 165°F/74°C. Rest for 5 minutes before serving; each portion is two pies.

Canned and home-cooked beans both work

A single 15 oz/425 g can usually provides less than 340 g drained beans. Weigh after draining and either open enough for the full batch, save the remainder of a second can safely, or reduce every ingredient proportionally. Do not silently halve the filling while keeping eight large pastry shells.

Ingredient labels

Check the cheese and bean labels for additional allergens.

A useful detail

The pastry contains its measured oil; it does not need an egg wash. A small steam slit and a firm seal are more important than an elaborate crimp. The total includes the dough rest and filling cooling, partly done in parallel.

Keep it well

Use promptly chilled cooked beans no more than 2 days old, or freshly opened canned beans. Cool baked pies in a single layer and refrigerate within 2 hours, or 1 hour above 90°F/32°C. Keep at 40°F/4°C or below. With leftover beans, use within their original 3-day window, not more than 1 further day; with newly opened canned beans, use within 3 days. Reheat once to 165°F/74°C.