



mind your **Pie**

Wheatsheaf 2023 Pie Competition The Wheatsheaf Beer House

Saturday 11th March 2023 at 7pm

What is a Pie? The history of Pies

Now, to a point of contention for many. The origin of the word 'pie' referring to a dish dates back to the Medieval era, and is a reference to the magpie bird. The magpie is well known for collecting a random assortment of objects in their nests, and during the medieval era pies were made as a way of using up a collection of various ingredients including several different animal meats.

However, the act itself of baking ingredients together that are wrapped in pastry dates back much further there is evidence of this process in Ancient Greek and Roman cuisine.

In medieval Britain ovens were not always readily available. However, pies could be made easily over an open flame. Open topped pies were called 'traps' and pies with a lid were called 'coffyns' which translates to meaning a box and the filling usually consisted of fowl. Unlike most pies today, the pastry was not eaten but existed to hold together the ingredients.

Sweet pies began to make an appearance during this time, but these were often referred to as tarts and were not usually sweetened with sugar due to the high cost, so most of the flavour came from fruit. During the 13th Century eating mince pies as part of festival celebrations became commonplace and these were made with a mixture of meats, fruits, and spices. This practice was then outlawed during the Puritan era for 16 years before the ban was removed in 1660.

The Oxford English Dictionary states that a pie must be encased in or covered with pastry, and the British Pie Awards rules of entry state that pies must have "a filling wholly encased in pastry and baked", and excludes any lattice topped, fruit topped, and potato topped items, samosas and any fried products.

According to Matthew O'Callaghan, chairman of the British Pie Awards, a true pie has to have a filling completely enclosed in pastry. Anything not fitting this strict description is not eligible to enter.

This event is to support Suffolk Mind. Entry is free but all pies allowed or disqualified will be sold for the benefit of Suffolk Mind.

Portions of the remaining pies will be available to buy for a suggested donation of £3.00.

Donations of Homemade Pickle or Chutney can be accepted but will not be judged this first year.

Wheatsheaf 2023 Pie Competition Rules and Judging Criteria

The Only Rule - A pie is deemed to be a filling wholly encased in pastry and baked.

Note: Entries which do not comply will NOT be submitted for judging, including:

Open lattice topped

Fruit topped

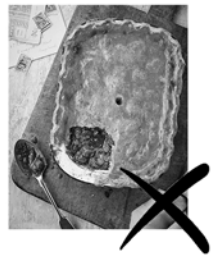
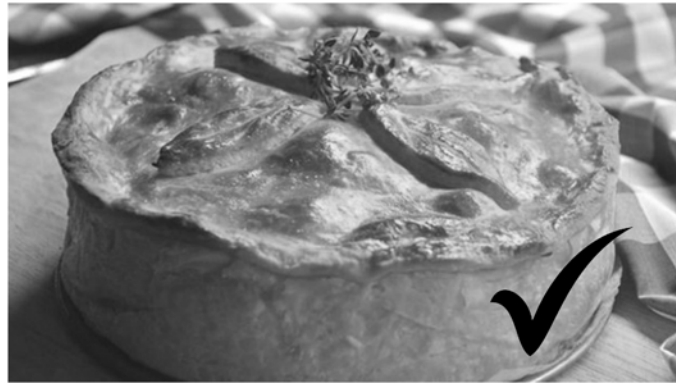
Potato topped

Samosas or any fried products

Pasties

Steamed pudding

Meringue topped



There will be two classes for Judging:

Sweet (including fruit).

Or

Savoury (we know tomato is a fruit!)

Pies can be submitted hot or cold and is the at the choice of the cook, provision has been made for pies to be kept warm.

Judging Criteria:

Appearance

Ampleness

Texture of Pastry and Filling

Taste balance

Given that following the same recipe many individuals will come out with varying outcomes depending on attention to detail, skills and competence this is a test of the skill of the cook.

Judging will begin at 7:30pm.

Cold pies can be delivered to The Wheatsheaf kitchen entrance between 5pm and 6.30pm. Hot pies - please deliver between 6pm and 6.30pm in order to avoid spoiling.

Please note: we cannot accept pies for reheating!

Help us to help Mind who can help you

