

Beef and Guinness Pie

FILLING

- ☛ 1/3 cup (50g) plain flour
- ☛ 900g Dexter Rump steak, cut into 2cm pieces
- ☛ 3 tbs olive oil
- ☛ 250g button onions or French shallots
- ☛ 3 garlic cloves, finely chopped
- ☛ 440ml Guinness draught beer
- ☛ 1 1/2 cups (375ml) beef stock
- ☛ 2 dried bay leaves
- ☛ 8 fresh thyme sprigs
- ☛ Salt and Pepper to taste
- ☛ 2 table spoon tomato paste

METHOD

Place the flour in a large bowl and season well with salt and pepper. Add the beef and gently toss to lightly coat with the flour mixture. Heat half the oil in a large flameproof casserole dish over high heat. Add one-quarter of the beef and cook, turning occasionally, for 5 minutes or until brown all over. Transfer to a heatproof bowl. Continue in 3 more batches.

Heat the remaining oil in the pan over medium heat. Add the onions and cook, stirring occasionally, for 5 minutes or until onion is lightly golden. Add the garlic and cook, stirring, for 1 minute or until aromatic. Add the beef, Guinness, beef stock, bay leaves, Tomato paste and thyme and bring to the boil. Reduce heat to very low and cook, covered, stirring occasionally, for 1 1/2-2 hours or until beef is tender and sauce thickens slightly. Remove from heat and season with salt and pepper. Set aside for 30 minutes to cool slightly.

Preheat oven to 200°C. Spoon beef mixture evenly among 6 individual pie dishes (350ml).

PASTRY

- ☛ 2 Cups Self raising Flour
- ☛ ½ cup shredded Suet
- ☛ Pinch of salt
- ☛ Cold water
- ☛ 1 egg beaten

METHOD

Sieve the flour and salt into a large bowl.

Add suet and mix lightly.

Mix with sufficient water to make a soft, but firm, dough.

Turn out on to a lightly floured work surface.

Knead gently until smooth.

Roll out to 2mm thick place a piece of pastry over each dish and use a small, sharp knife to cut a small slit in the top of each pie to help release steam. Place on an oven tray and bake for 15 minutes or until pastry is puffed and golden. Remove from oven and serve immediately with mashed potatoes and your choice of greens.

What is Suet?

Suet /'su:.it/ is raw beef or mutton fat, especially the hard fat found around the loins and kidneys.

Suet has a melting point of between 45° and 50°C (113° and 122°F) and congelation between 37° and 40°C (98.6° and 104°F). Its high melting point makes it ideal for deep frying and pastry.