

Beef and Guinness Pie

Menu					
Description:					
Serving Size:	10	**Note Parsley is not served in final dish	<table><tr><th>Cost Per Serving</th></tr><tr><td>\$ 0.60</td></tr></table>	Cost Per Serving	\$ 0.60
Cost Per Serving					
\$ 0.60					
Categories:					



Action	Date	Initials
Created:	3/29/2013	EA
Revised:		

Amount	Measure	Ingredient	Preparation Method	Product No.
Pastry:				
0.200	kg	All purpose flour		20-100000470
0.001	kg	Salt		20-100001323
0.110	kg	Butter, cubed		20-100001600
0.030	lt	Cold water		
1.000	ea	Egg, beaten		20-100000648
Filling:				
0.025	kg	All purpose flour		20-100000470
0.900	kg	Chuck steak	1" cubes	20-100000515
0.020	kg	butter		20-100001600
0.015	lt	Vegetable oil		20-100001608
0.220	kg	Onions, thinly sliced		20-100000835
0.120	kg	Carrots	chopped into 1" cubes	20-100000811
0.010	lt	worcestershire sauce		20-100001263
0.010	lt	tomato paste		20-100001217
0.500	lt	Pale ale		
0.300	lt	beef stock	hot on stove	50-100000150
0.010	kg	sugar		20-100001065

Method of Preparation:

Pastry:

- Whisk the egg and add the flour. Add the salt and cold water.
- Add the butter and mash until well incorporated.
- Wrap in plastic wrap and place in fridge for at least 20 minutes.
- Remove from fridge and let come to room temperature slightly.

Filling:

- Place the flour in a large bowl and season with salt and ground black pepper, add the cubes of meat and toss well in the flour until evenly coated.
- Heat the butter and oil in a large, heavy-based, flameproof casserole dish until the butter has melted. Add the meat to the fat in small batches and brown quickly all over for just a minute, then remove with a slotted spoon and set aside.
- Add the onions and carrots to the pan and fry gently for about 2 minutes then return the meat to the pan with the Worcestershire sauce, tomato puree, ale, stock and sugar.
- Grind in plenty of black pepper and a little salt, stir well and bring to the boil.
- Cover, reduce to a gentle simmer and cook slowly for about 2 hours until the meat is tender and the sauce has thickened and is glossy.

- Remove from the heat, place into a 2½ pint/1.5 liter deep pie dish and leave to cool completely.

To Finish:

- Heat the oven to 400F/200C/Gas 6.
- Roll out the pastry to a circle, 1/2" thick.
- Put some filling on top of the pastry bottom half of circle.
- Fold over the pastry and press down to the edge and seal. Crimp the edges with a fork or between your thumb and forefinger.
- Brush the top with beaten egg. Bake for 30 - 35 minutes until the pastry is crisp and golden.