

English Steak and Kidney Pie

Menu  
Description:  
Serving Size: 10  
Categories:

Cost Per Serving	
\$	0.61

No Picture is available

<u>Action</u>	<u>Date</u>	<u>Initials</u>
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:				
0.015	kg	Flour		20-100000470
		Salt & Pepper to taste		
0.750	kg	Sirloin steak		20-100000501
0.180	kg	Ox Kidney	cored and chopped	20-100001664
0.015	kg	butter		20-100001600
0.010	kg	garlic cloves	crushed	20-100000869
0.110	kg	Onion	chopped	20-100000835
0.100	kg	mushrooms		20-100000821
0.150	lt	Beef stock		50-100000150
0.150	lt	Pale ale		
0.001	kg	bay leaf		20-100001270
0.002	kg	dried thyme		20-100001308
0.015	lt	worcestershire sauce		20-100001263
0.015	kg	tomato paste		20-100001217
0.005	lt	Milk	to glaze	20-100012960

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:

- Toss the steak and kidney in the flour, shaking off any excess.
- Melt the tablespoon of butter in a large saucepan and lightly fry the garlic, onion and mushrooms for 3 minutes.
- Add the steak, kidney and remaining coating flour and cook for 5 minutes, until lightly browned.
- Gradually stir in the stock, beer, bay leaf, thyme, Worcestershire sauce and tomato paste.
- Cover and simmer gently for about 1 1/4 hours. Remove from heat and let cool.

**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 milk. Bake for 30 - 35 minutes until the pastry is crisp and golden.