

Bowland Beef & Ale Pie

APRIL

EASY TO MAKE

With St Georges day on the 23rd of April I thought it would be fitting to make a traditional English dish.

The ingredients in this pie are simple, yet when combined together and with the long slow cooking process, the finished dish is beautifully tender and very tasty.



Serves: 4

Preparation time: 45 mins

Baking time: 2 hours



Ingredients

Note: tbsp = tablespoon tsp = teaspoon

- 1 large onion roughly diced
- 2 large cloves of garlic diced
- 1 tbsp oil
- 25g butter
- 500g Stewing steak cut into large dice
- 200g (or 3 small) carrots cut into large chunks, no need to peel if the carrots are clean
- 2 large field mushrooms or equivalent quantity if using smaller mushrooms
- 1 level tbsp tomato puree
- 1 tsp dried or fresh thyme
- 2 bay leaves
- 1 heaped tbsp plain flour
- 1 rich beef stock cube dissolved in 250ml boiling water
- 300ml of tasty stout
- 1tsp red wine vinegar
- Salt & Pepper to taste
- 1 pack of shortcrust or puff pastry
- 1 egg or milk for glazing.

Method

Pre heat the oven to 160°C

1 Heat the oil in a heavy based pan, large enough to eventually hold all the ingredients.

2 Add the onion and garlic and fry until tender and just turning brown, remove from the pan and set aside.

3 Add the butter to the pan and brown off the diced beef.

4 Remove the pan from the heat and add the flour, tomato puree, thyme and seasoning, stir it well and place back on the heat. You are now going to make the sauce around this mixture.

5 Slowly add the stout and stock stirring well between each addition until you have a rich boiling gravy.

6 Stir in the red wine vinegar, add the onions back in along with the bay leaves, carrots and mushrooms.

7 Cover the pan and place in the oven for 1½ hours.

8 Remove from the oven and remove the bay leaves and check for seasoning and consistency, you can add a splash of water if you think it has thickened too much. If you need to tenderise your meat a little more then you can pop it back in the oven for another 30 minutes here.

9 Transfer the mixture to your chosen pie dish and allow to cool a while. **Turn the oven up to 200°C**

10 Smear a bit of butter around the rim of the pie dish. Remove the pastry from the fridge and place over the top of the cooled meat, trim the edge with a knife. Insert a steam hole in the centre. Crimp the pastry around the edge with either a floured fork or your floured fingers.

11 Brush with beaten egg or milk and decorate with the excess pastry if you choose, glaze again.

12 Bake in the oven for 20 to 30 minutes until golden brown. And serve with your favourite vegetables and mash or baked potatoes.

AUD'S TIPS

In my effort to always support local and keep my food miles as low as possible, I always use Belted Galloway Beef, from Croasdale Farm, Slaidburn, which is excellent quality and delicious every time.

I have used Hobgoblin Stout but any tasty rich ale will work, Bowland Brewery Deer Stalker would be perfect too. The ale along with the rich stock cube help to create the delicious rich gravy to this dish, so it important not to skip either of these ingredients.

After step 11, the pie can be frozen. Defrost fully before cooking and heat until golden brown and piping hot throughout.

You can of course make your own shortcrust pastry, but for convenience I have used one ready made packet. You can use shortcrust or puff pastry, either will leave you enough pastry for decoration if you choose.