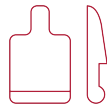




Beef and Mushroom Pie



DIFFICULTY: MEDIUM



PREPARATION TIME: 1 HOUR



COOKING TIME: 45 MINUTES



SERVES: 6-8

Ingredients

1 tsp bi carb soda
2 tsp salt
1kg diced beef (chuck or rump are suggested)
2 tbsp oil
4 cloves crushed garlic
500g mushrooms (cut into quarters)
2 tsp smoked paprika
1 x 20 cm sprig of Rosemary picked and chopped
1 tbsp Dijon mustard
1 tsp cracked black pepper
1 star anise
1L beef stock (salt reduced if possible)
2 tbsp water
3 tbsp cornflour or tapioca starch
1 sheet puff pastry
1 egg beaten

Method

Sprinkle the salt and bi carb soda over the meat and massage until it is all coated.

In a large cast iron pot add the oil and place on induction level 8 or FlameSelect level 9. When you start to see a little smoke coming off the pot add the beef and colour until brown, then add the garlic, mushrooms, paprika, rosemary, mustard, cracked black pepper, star anise and beef stock.

Bring to the boil and then turn down to a simmer until the liquid has reduced by half. Remove the star anise. Mix the water and cornflour together then add to the pot while stirring. Once the liquid has thickened let it cool to a room temperature then place the sauce into a 20-25 cm oven-proof dish and place the puff pastry over the top, pushing down the edges on the sides.

Brush with the beaten egg and set the oven to [CircoTherm®](#) at 200 degrees and bake for 25-30 minutes or until golden brown.

Notes