



Slow Cooked Beef Pie with Pea Mash



DIFFICULTY: MEDIUM



PREPARATION TIME: 30
MINS



COOKING TIME: 55 MINS + 2
HRS FOR FILLING



SERVES: 8

Ingredients

Filling

- 1–2 tbsps olive oil
- 1 kg diced chuck steak
- 1 large onion, chopped
- 3 cloves garlic, finely chopped
- 1 cup plain flour
- 1 cup red wine
- 1 ½ cups beef stock
- 2 tbsps tomato sauce
- 1 tbsp Worcestershire sauce
- ¼ tsp freshly grated nutmeg
- 2 tsps dried thyme
- 2 dried bay leaves
- 1 tsp coarsely ground black pepper
- 1 egg, lightly beaten for glazing
- 1 sheet ready rolled puff pastry

Pastry

Method

Heat a large frying pan over a high heat, Induction level 8. Add half the oil, then half of the beef and cook until the meat is well browned on all sides. Remove and transfer to a large saucepan then repeat with remaining oil and beef. Remove the remaining beef and reduce the temperature to medium, Induction level 6 then add the onion and garlic and cook for 2 to 3 minutes. Add the flour and mix well then remove from the heat and gradually add the wine and the stock stirring constantly until well blended. Pour this over the beef then stir in the tomato sauce, Worcestershire sauce and seasonings. Cook over a high heat, Induction level 8, stirring constantly until the mixture comes to the boil. Reduce the temperature to low, Induction level 2 or 3, place a lid on the saucepan and allow the meat to simmer gently for 1 hour 45 minutes or until the meat is tender.

Remove the lid and increase the heat to Induction level 6. Cook a further 15 to 20 minutes, stirring regularly to reduce the liquid to a thick gravy coating the meat. Allow to cool then refrigerate until cold.

To make the pastry, place the butter and water into a medium saucepan and cook over a medium heat, Induction level 6. Bring to the boil, making sure the butter completely melts. Stir in the flour and salt and mix quickly to form a soft dough. Knead on a lightly floured surface, then wrap in plastic wrap and leave the pastry to rest and cool completely.

Preheat the oven on CircoTherm to 180°C and place the wire shelf on level 2.

90g butter, softened
¾ cup water
2 cups plain flour, sifted
½ tsp salt

Pea Mash

500g frozen baby peas
60g butter
½ tsp dried thyme leaves
Salt and pepper to taste

Lightly grease a 20cm spring form pan. Roll the pastry between two sheets of baking paper to approximately 3mm in thickness. Line the prepared pan with the pastry, leaving the edges untrimmed. Carefully spoon the cooled meat filling into the pan and smooth the surface. Brush the edge of the pastry with egg then place the puff pastry over the pie. Trim any excess pastry and pinch the edges together to seal. Brush the surface of the puff pastry with egg and using a sharp knife, cut 6 steam vents in the pastry. Cook for 50 to 55 minutes or until golden. Allow pie to cool for 5 to 10 minutes before serving.

While the pie is cooking, prepare the pea mash by placing the peas in a medium saucepan. Cover with water and bring to the boil over a medium to high heat, Induction level 7. Continue cooking for 3 to 4 minutes, then drain the water from the peas and add the butter and thyme to the saucepan. Season with salt and pepper and mash coarsely.

Serve with the pie with the pea mash.

Notes
