

Steak and Kidney Pie



what you need

For the base

- 300g puff pastry
- 1 egg and 1 extra egg yolk beaten together

For the filling

- 700g John Penny stewing beef, diced
- 2 tbsp vegetable oil
- 200g lamb kidney, diced
- 2 medium onions, diced
- 30g plain flour
- 850ml beef stock
- salt and freshly ground black pepper, to taste
- a dash of Worcestershire sauce

Preparation time: 30 mins

Cooking time: 1 to 2 hrs

Serves: 4

how to cook

- 1 Heat the vegetable oil in a large frying pan, and use to seal the beef. Remove and set to one side.
- 2 Brown the kidney in the same pan. Add the onions and cook for 3-4 minutes.
- 3 Return the meat to the pan, sprinkle flour over and coat the meat and onions. Add the stock to the pan, stir well and bring to the boil.
- 4 Turn the heat down and simmer for 1½ hours without a lid. If the liquid evaporates too much, add more stock.
- 5 Remove from the heat. Add salt, pepper and Worcestershire sauce and allow to cool slightly.
- 6 Place the cooked meat mixture into a pie dish. Roll out the pastry to 5mm thick and 5cm larger than the dish you are using.
- 7 Using a rolling pin, lift the pastry and place it over the top of the pie dish. Trim and crimp the edges with your fingers and thumb. Brush the surface with the beaten egg mixture.
- 8 Bake for 30-40 minutes at Gas 7 220°C, fan 200°C, 425°F. Serve with peas and carrots.