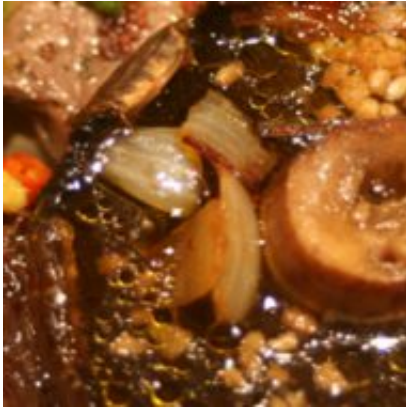


Steak & Mushroom Pie



Serves: 5

Profitability:

Steps:

Remove excess fat from steak and cut into cubes

Peel and top and tail carrots, then slice

Remove the seeds and white pith from the centre of the sweet pepper and roughly chop

Peel and finely chop the onions and garlic

Slice the mushrooms

Melt the lard in the large frying pan. Pour the flour over the chopped steak and mix together with your hands

Put the steak into the pan and fry until the meat is well browned

Remove the meat, leaving any fat in the pan. Turn the heat down low. Add the carrots, peppers, onions and garlic. Cook on a low heat for about 5 minutes turning the vegetables frequently to ensure they are all lightly coated in some fat

Return the steak to the frying pan with the veg. Add the stock, wine, tomato puree, tinned tomatoes, kidney beans and Worcestershire sauce. Sprinkle with salt and pepper to taste and bring to the boil

Turn the heat to a low setting, cover and simmer for two and a half hours until the beef is tender

The frying pan must be covered while cooking to preserve the moisture and prevent the meat drying out on the top. When cooked, transfer the mixture to a casserole dish and leave to cool for at least 1 1/2 hours, preferably three to four hours

Add two tablespoons of oil to a frying pan and fry the mushrooms at a medium heat for three minutes. Place the cooked mushrooms on the pie filling and mix into it well with a fork or spoon

Pop your pastry - lightly brushed with a little milk - over the top of your mixture and casserole dish, making two holes with a little knife so steam can escape

Put the pie in the pre-heated oven (220°C / 425°F / Gas Mark 7) and leave it cooking at that temperature for 10 minutes. Then turn down the heat to 190°C / 375°F or Gas Mark 5 and cook for a further 30 minutes

Then dig a few new potatoes out of the garden, boil, toss with butter, herbs and grab some fresh mint and serve

Any left over pie will keep in the fridge for 24 hours and is delicious the next day

Ingredients:

1 1/2 lb steak, cubed

2oz lard

1 1/2 oz plain flour

5 Large carrots

1 tin red kidney beans

1 large onion

4oz mushrooms

1 sweet bell pepper

1 Oxo cube

2 level tbsp tomato puree

2 cloves garlic

2 tbsp olive oil

1 tbsp Worcestershire sauce

1 tin tinned tomatoes

Salt and pepper to taste

1/2 bottle of red wine