

Miele

Beef and Guinness pie with mushy peas

By Miele

1 hour

Preparation Time

3 hour 30 minutes

Cooking Time

6

Serves



INGREDIENTS

Filling

100g duck fat
6 brown onions, sliced
1 bay leaf
2 tsp salt flakes
3 garlic cloves, crushed
½ bunch thyme, leave picked and chopped
1.5kg chuck steak, diced into 1cm pieces
2 carrots, 0.5cm dice
¼ cup plain flour
1 can Guinness, 440ml
500ml beef stock
Egg wash, to glaze

Hot water pastry

1kg plain flour
2 tsp salt flakes
4 eggs
200g butter
200g lard
350g water

Mushy peas

1kg frozen peas
150g butter
4 tsp salt flakes

METHOD

Filling

1. In an Induction compatible casserole dish, melt 50g duck fat over medium heat, Induction setting 6-7. Add in onion, bay leaf and salt. Cook for 30 minutes until onions are very soft and caramelised.
2. Add in the garlic and thyme and cook for a further 3-4 minutes until fragrant. Remove the onion mixture from the dish and set aside.
3. Place the casserole dish back on Induction setting 7. Heat the remaining duck fat until smoking.
4. In a separate bowl, generously season beef and add to the hot dish. Stir occasionally for 3-4 minutes, or until browned.
5. Once the meat is browned, remove from the dish and add to the onion mixture.
6. Place the casserole dish back onto Induction setting 7, add the carrots and cook until soft. Add the flour and continue cooking until brown.
7. Pour in the Guinness and stir well. Return the beef and onion mixture to the casserole dish and add the beef stock.
8. Pre-heat the Oven on Fan Plus at 120°C. Cover dish with foil or a lid and place into the Oven on shelf position 2. Cook for 3 hours, or until the meat falls apart.
9. Cool in the refrigerator before assembling pies.

Hot water pastry

1. In a bowl of an electric mixer with dough hook attachment, combine flour, salt and egg.
2. Melt the butter, lard and water in a small saucepan over medium heat, Induction setting 6. Turn heat up to Boost and bring to the boil.
3. Pour the hot liquid straight into the flour mix and combine on medium speed, until the pastry is smooth. Remove from the bowl and cover with cling wrap. Chill in the refrigerator for at least an hour.

Building the pies

1. Grease a 6 large Texas muffin pan with canola spray. Roll the pastry out so it is 3-4mm thick. Cut 6 circles approximately 4cm bigger than the muffin cavities for the base and 6 circles 1cm bigger than the cavity for the tops.
2. Place a pastry base in each cavity, push out the pastry so it is overlapping at the top, and then almost fill to the top with the beef mixture. Brush the edges of the pastry with some egg wash, place the pie lid on and crimp together with your fingers.
3. Brush the tops with egg wash, cut a small incision on top and place in the refrigerator for 20 minutes to firm the pastry.
4. Pre-heat Oven on Fan Plus at 180°C. Place the pies on shelf position 2 and bake for 30-35 minutes, or until golden brown.

Mushy peas

1. Place peas in a perforated steam container and steam at 100°C for 1 minute.
2. In a blender combine peas, butter and salt. Blend on the slowest speed for 1 minute until the peas are smashed but not puréed.

To serve

1. Place a heaped spoonful of mushie peas on a plate and top with a pie. Serve with some jus on the side.

Hints and tips

- Pies can be frozen before or after baking.