

Beef & Stout Pot pie



There is nothing better on a cold winter day than the warmth and aroma of large mouth watering pie for your family gatherings. This is my favourite.

Pastry for 2 pies

2¼ cups plain flour

¾ teaspoon salt

180g butter, cold & unsalted

½ cup ice water, more if needed

Ingredients

7 tablespoons olive oil

500g mushrooms, quartered

2 medium onions, chopped

1.75kg beef chuck, 1" cubes

1 cup plain flour

3 gloves garlic, minced

2 tablespoons tomato paste

2 ½ cups Guinness

1 cup beef stock

500g carrot, cut into chunks

500g potato, cut into chunks

1 tablespoons fresh thyme, finely chopped

Salt & pepper

1 egg beaten with 1 teaspoons water.

Pastry for both pies, in your magimix food processor fitted with your metal blade, combine the flour, salt and butter and process with 15 rapid on-off pulses, the mixture should look light, dry and crumbed.

Add 5 teaspoons ice water and process with 5 rapid on-off pulses.

Add the remaining 3 tablespoons and process with 3 rapid on-off pulses.

Feel the dough (do not touch the blade) it should be just damp enough to mass together.

If not add more water by tablespoons, pulsing briefly after each addition.

Total mixing time was 1 minute, and the dough should remain a rough and shaggy mass.

Using floured hands, pat the dough into 2 discs, cover with plastic wrap and refrigerate for at least 1hour or up to 2 days.

Roll out on a lightly floured surface into a 28cm disc for each pie. (Excess pastry for decoration)

Directions.

In a 5.3 Litre Le Creuset round French oven over medium heat, warm 1 tablespoons of olive oil, add mushrooms, onions, salt & pepper, and cook, stirring occasionally, about 12 minutes.

Transfer to a bowl.

Season beef with salt & pepper, cover the beef in the flour, shaking off the excess.

The beef browning process, warm 2 tablespoons of oil, add 1/3 off the beef and brown all sides, transfer to a separate bowl, add ½ cup water to the pot, stirring to scrap up all the browned bits.

Pour the liquid to a separate bowl. Repeat this beef browning process two more times.

Return the pot to medium heat.

Add the garlic and tomato paste and cook, stirring constantly, for 30 seconds.

Add the beef, Guinness, stock and reserved liquid, stirring.

Add the mushrooms & onions, carrots, potatoes and thyme and bring to the boil, reduce the heat to low, cover and simmer for about 3 hours, stirring occasionally.

Preheat the oven on 180c

Brush the rim of the pot with water, lay the pastry around the top pinching to seal brush the pastry with the egg mixture, cut 4 slits in the top of the dough.

Bake for 30 minutes. Let the pot pie rest for 15 minutes before serving.

Serves 8 to 10.