



Le Kitchen dinner party 7th June 2015
All recipes inspired by "*Dish*" Magazine (love it)

Beef and Caramelized Shallot Pies with Cauliflower tops

Ingredients

30g butter
1 1/2 tablespoons olive oil
18 shallots, peeled
3 bayleaves
1 tablespoon white wine vinegar
1 kg chuck or blade steak
3 tablespoon plain flour
1 tablespoon tomato paste
1 cup red wine
Salt and pepper
2 teaspoons dijon mustard
2 cups beef stock

Topping

300g floury potato, peeled and cubed
350g cauliflower
45g butter
1-2 teaspoons dijon mustard

Directions

Preheat the oven to 160c.

Heat your Le Creuset for 5 minutes on a medium heat then add the butter and 1 tablespoon of olive oil. Add the shallots, bay leaves, sugar and vinegar. Stir well then reduce to low heat and cook slowly for 10 - 15 minutes, or until lightly golden but still holding their shape. Season with pepper. Remove from pan and set aside.

Trim the beef of any gristle, cut into cubes and toss into seasoned flour. Heat the remaining olive oil in your Le Creuset add the beef and cook until golden all over.

Stir in the tomato paste and red wine, letting the red wine bubble away then stir in the dijon mustard, salt, pepper and beef stock.

Cover and cook in the oven for 1 1/2 hours. Remove and let cool completely.

Topping: Cook the potato and cauliflower in boiling salted water until tender. Drain and mash with the butter and dijon mustard. Season and set aside.

Preheat the oven to 180oc

Fill Le Creuset mini casseroles with the beef mixture then top with the cauliflower mash. bake in the oven for 20 - 25 minutes or until the tops are golden brown and the filling is piping hot.

Fills 8 to 12 mini casseroles.

Serve with fresh steamed vegetables, or with the Beetroot and Carrot salad (see salads)