

## BEEF AND GUINNESS PIE

THE TRADITIONAL PUB FAVOURITE, STEAK AND ALE PIE, IS GIVEN A BOOST FROM GUINNESS. ENJOY IT WITH MASH AND YOUR CHOICE OF VEGETABLES.



### INGREDIENTS

- 200G TOASTED FLOUR
- 4 BEEF CHEEKS
- 3 MEDIUM ONIONS
- 9 CLOVES OF GARLIC
- 2 TO 3 MEDIUM CARROTS
- HALF A HEAD OF CELERY
- BAY LEAVES FOR TASTE
- 2 CANS OF GUINNESS
- LUG OF WORCESTERSHIRE SAUCE
- 1L OF BEEF STOCK
- PUFF PASTRY SHEET CUT IN HALF
- 2 PIECES OF BONE MARROW 3 INCH TALL
- 1 EGG
- SEA SALT AND PEPPER

### METHOD

Pour 2 cans of Guinness into a pan and boil to reduce the volume by 1/3. Season your meat generously with salt and pepper on both sides. Coat the beef cheeks in the flour. Put your vegetables – carrots, celery, onions, garlic, and some bay leaves – into a slow cooker onto a slow simmer. Put a non-stick pan onto a high heat. Add some vegetable oil and once hot, place the beef cheeks on it. Turn on the other side every 2 minutes.

After the meat is cooked on all sides, add the beef cheeks into a slow cooker together with the Guinness and beef stock. Leave in the slow cooker for about 2.5 - 3 hours on a low simmer. The moment when the meat just falls apart, that's when it's ready.

Take out the meat and veggies. Pour the liquid into a second pot. Put it on high heat and reduce it down by at least half.

In the meantime, chop all the veggies into a small to medium dice. Mash up the garlic. Once the liquid is down to half the size and of a sauce-like consistency, take some of it out to a separate pot, add the vegetables, meat, a bit of Worcestershire sauce in. Season with salt and pepper.

Pre-heat the oven to 190° C. Take a baking dish, place a bone marrow in the middle. Put the meat and veggie mixture all around the bone. Cut the puff pastry into little strips and wrap around each strip of pastry around bone marrow to cover the surface of the pie. Crack and mix the egg. Brush the pastry with the egg before popping it to the oven. Add some sea salt crystals on top. Put it in the oven for about 20 minutes.