



MONTHLY RECIPE - OCTOBER 2016

Salt Beef Pie



Ingredients

Filling

1kg of diced brisket, salted for 24 hours & washed off in cold water
1 large onion
3 large carrots
2 sticks of celery
rapeseed oil & 50g butter
500ml red wine
250ml beef stock
250ml chicken stock
thyme & rosemary
5 bay leaves
50g plain flour

Pastry

250g suet
500g plain flour
30g salted butter
picked thyme
salt & white pepper
20/30ml warm water

Method

First, make the pastry by rubbing the suet, butter, thyme & flour together in a large bowl and slowly add the water till it comes together in a dough. Lightly flour a surface and knead the pastry for 1/2 minutes till all incorporated.

Cover and place in the fridge for a couple of hours.

For the best result salt the brisket in rock salt overnight.

The following morning, in a large thick based pan, slowly cook off the onion, celery and carrot (which have been diced to about a 10mm dice) in the butter and rapeseed oil on a low heat - should take around 5 minutes. *cont...*



After 5 minutes mix in the flour and cook out for another 5 minutes, finally adding the salted meat, wine, stock and herbs and cooking for 1 hour on a medium heat, making sure to stir every 15 minutes so all the flour is incorporated in and the sauce begins to thicken.

After the pie mix is cooked and cooled at room temperature, transfer to a large pie dish or roasting tray and cover with the rolled-out suet pastry and cook for 45 minutes until the crust is golden brown.

Serve with roast potatoes &

Yorkshire pudding.

Enjoy!