

# Steak & Ale Pudding



## Food Fact:-

Adding seasonal root vegetables work well with the slow cooking of the meat, they also soak up the flavours of the meat, reducing the amount you need to use.

'Steaming' in the microwave is a much quicker way to cook the pastry – works well with sweet puddings also.

**Preparation time** 10 mins

**Cooking time** 80 mins

Serves 4



## Steak & Ale Pudding

### Ingredients

1. Combine all filling ingredients in casserole. Place upturned plate on top and cook on HIGH power for 10 mins., then SIMMER power for 60 mins., or until meat is tender. Remove plate.
2. Mix flour, herbs and suet together. Mix to a firm dough with cold water. Roll out 3/4 of pastry to line basin.
3. Remove meat & veg mixture with a slotted spoon and fill basin, add chopped mushrooms. Mix corn flour with water and stir into the gravy. Cook on HIGH power for 2 mins., stirring once, or until gravy has thickened. Pour 60 ml (4 tbsp) of gravy over the meat and reserve the rest for serving. Roll the remaining pastry to form a lid, moisten the edges and seal over the top of meat.
4. Cook on MEDIUM power for 10-12 mins. or until pastry looks dry.

### **Filling:**

300 g (10 oz) braising steak, cubed  
 30 ml (2 tbsp) seasoned flour  
 1 onion, chopped  
 1 medium leek sliced  
 1 medium carrot diced  
 150 gm mushrooms chopped  
 300 ml (½ pt) hot beef stock  
 300 ml (½ pt) beer  
 15 ml (1 tbsp) corn flour

### **Pudding:**

175 g (6 oz) self-raising flour  
 75 g (3 oz) suet  
 cold water to mix  
 Tsp mixed herbs

