

Steak and Guinness Pie

This is a recipe I got from a friend, Peter Champion from Ballyblack, Newtownards, Northern Ireland. I don't suppose there is anything too surprising about an Irish steak pie recipe but for what it is worth, I have included it. Needless to say a bowl of boiled potatoes fancied up with a bit of parsley on them gets plunked down on the table with the pie. Dig in, this can't be all bad for St. Patrick's Day. Come and get it!

- 1 ½ lbs stewing beef cut into small pieces
- Sea salt and freshly ground pepper
- 2 Tbs heaped of flour
- Olive oil
- 1 onion peeled and roughly chopped or may use one cup of a thinly sliced leek
- 1 or 2 carrots chopped
- 4 sticks celery chopped
- 2 parsnips - diced and halved for bigger coins
- 1 handful of freshly mixed herbs (rosemary, thyme & bay)
- 1 pint (565ml) Guinness
- 1 28 oz can of diced tomatoes

Simmer at least 2 hrs or in oven for slow cooking.

- 1 lb puff pastry
- 1 egg beaten

Cut pastry ½ "bigger than bowls (French onion soup) or top of casserole dish. Brush rims with beaten egg, squash pastry down on top of mixture and squash the extra hanging over on the outside of the bowl. Score top and then brush with beaten egg for a nice golden brown crust.

Cook at 375°F for 45 min.

Richard Thorne