



## Beef and Guinness Pie

 Dairy Free

READY IN



300 min.

SERVINGS



4

CALORIES



557 kcal

### Ingredients

- 1 cup beef broth
- 2 pounds beef chuck boneless cut into 1-inch pieces
- 0.5 teaspoon pepper black
- 1 large eggs lightly beaten
- 2 tablespoons flour all-purpose
- 2 garlic clove chopped
- 1 cup porter
- 1 large onion coarsely chopped
- 2 teaspoons peppercorns green drained coarsely chopped

- 4 servings puff pastry
- 1 teaspoon salt
- 2 thyme sprigs fresh
- 1.5 tablespoons tomato paste
- 2 tablespoons vegetable oil
- 1 tablespoon water
- 1 tablespoon worcestershire sauce

## Equipment

- bowl
- oven
- pot
- baking pan
- rolling pin

## Directions

- Put oven rack in middle position and preheat oven to 350°F.
- Pat beef dry. Stir together flour, salt, and pepper in a shallow dish.
- Add beef, turning to coat, then shake off excess and transfer to a plate.
- Heat oil in a wide 5- to 6-quart ovenproof heavy pot over moderately high heat until just smoking, then brown meat in 3 batches, turning occasionally, about 5 minutes per batch, transferring to a bowl.
- Add onion, garlic, and water to pot and cook, scraping up any brown bits from bottom of pot and stirring frequently, until onion is softened, about 5 minutes.
- Add tomato paste and cook, stirring, 1 minute. Stir in beef with any juices accumulated in bowl, broth, beer, Worcestershire sauce, peppercorns, and thyme and bring to a simmer, then cover and transfer to oven. Braise until beef is very tender and sauce is thickened, about 1 1/4 to 1 1/2 hours. Discard thyme and cool stew completely, uncovered, about 30 minutes. (If stew is warm while assembling pies, it will melt uncooked pastry top.)
- Put a shallow baking pan on middle rack of oven and increase oven temperature to 425°F.

- Divide cooled stew among bowls (they won't be completely full).
- Roll out pastry dough on a lightly floured surface with a lightly floured rolling pin into a 13-inch square, about 1/8 inch thick. Trim edges and cut dough into quarters. Stir together egg and water and brush a 1-inch border of egg wash around each square. Invert 1 square over each bowl and drape, pressing sides lightly to help adhere.
- Brush pastry tops with some of remaining egg wash and freeze 15 minutes to thoroughly chill dough.
- Bake pies in preheated shallow baking pan until pastry is puffed and golden brown, about 20 minutes.
- Reduce oven temperature to 400°F and bake 5 minutes more to fully cook dough.

## Nutrition Facts

**PROTEIN 34.56%** **FAT 57.08%** **CARBS 8.36%**

### Properties

Glycemic Index:77.5, Glycemic Load:3.68, Inflammation Score:-7, Nutrition Score:27.819130431051%

### Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg

### Nutrients (% of daily need)

Calories: 557.18kcal (27.86%), Fat: 34.66g (53.33%), Saturated Fat: 13.06g (81.63%), Carbohydrates: 11.42g (3.81%), Net Carbohydrates: 10.26g (3.73%), Sugar: 2.83g (3.14%), Cholesterol: 202.99mg (67.66%), Sodium: 1164.08mg (50.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.23g (94.46%), Zinc: 17.39mg (115.93%), Vitamin B12: 6.34µg (105.75%), Selenium: 53.24µg (76.06%), Vitamin B3: 10.83mg (54.14%), Vitamin B6: 0.98mg (48.84%), Phosphorus: 487.47mg (48.75%), Iron: 5.86mg (32.58%), Potassium: 969.33mg (27.7%), Vitamin B2: 0.45mg (26.42%), Vitamin B5: 1.68mg (16.82%), Vitamin K: 17.43µg (16.6%), Vitamin B1: 0.22mg (14.44%), Magnesium: 55.25mg (13.81%), Copper: 0.21mg (10.53%), Manganese: 0.2mg (9.81%), Vitamin E: 1.4mg (9.33%), Folate: 30.02µg (7.5%), Vitamin C: 5.91mg (7.16%), Calcium: 71.47mg (7.15%), Fiber: 1.16g (4.66%), Vitamin A: 217.86IU (4.36%), Vitamin D: 0.48µg (3.18%)