



Big beef in red wine pie

 Dairy Free

READY IN



205 min.

SERVINGS



6

CALORIES



1223 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 kg braising steak cut into large chunks
- ☐ 1 large sprig thyme leaves fresh
- ☐ 3 bay leaves fresh
- ☐ 1 star anise
- ☐ 750 ml cheap red wine
- ☐ 3 tbsp unrefined sunflower oil
- ☐ 4 sticks celery chopped
- ☐ 1 large onion chopped

- ☐ 6 large carrots cut into chunks
- ☐ 2 garlic cloves chopped
- ☐ 1 pinch golden caster sugar
- ☐ 3 tbsp flour plain for dusting
- ☐ 1 tbsp tomato purée
- ☐ 2 beef stock cubes
- ☐ 500 g puff pastry
- ☐ 1 eggs beaten
- ☐ 6 servings flaky sea salt

Equipment

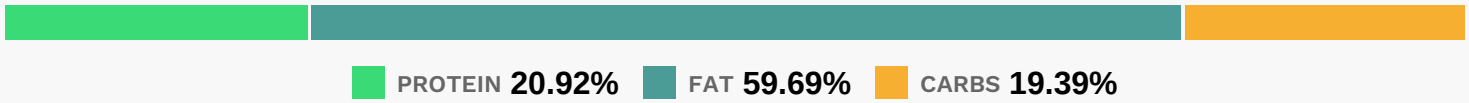
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ colander
- ☐ pie form

Directions

- ☐ If you have time, place the beef in a large bowl with the herbs and star anis and season well with pepper.
- ☐ Pour over all the wine, cover with cling film and chill for up to 24 hrs. The next day sit a colander over another bowl and drain the beef well. Pick out the herbs and star anis and set aside. If you dont have time just start with all the ingredients prepared and ready to cook.
- ☐ Heat oven to 170C/150C fan/gas 3 -
- ☐ Heat a drizzle of oil in a large casserole until very hot then brown the meat well in batches. For each batch, heat more oil and brown for around 10 mins before transferring to a plate and repeating the process. When all the meat is done add the vegetables and cook for 5 mins until starting to colour then add the herbs and star anis and cook for a minute more.

- ☐ Sprinkle sugar over the vegetables, then scatter over the flour and stir together. Cook for a few minutes until starting to brown, stir in the tomato pure then pour over the wine, scraping the bottom of the pan with your spoon. Tip in the beef and any juices then crumble in the stock cubes.
- ☐ Pour over just enough boiling water from the kettle to cover the meat and vegetables. Season with salt and pepper and bring everything to the boil, stir well, cover and place in the oven for 2 1/2 hrs until the meat is really tender. This can be done up to 3 days in advance and chilled until ready to make the pie or frozen for up to 3 months.
- ☐ To make the pie heat oven to 200C/180C fan/ gas
- ☐ Tip the filling into a 2-litre pie or baking dish.
- ☐ Roll the pastry out on a lightly floured surface to fit the pie dish with a slight overhang and drape over the dish. Crimp the edges if you are able to and poke a couple of little steam holes in the middle.
- ☐ Brush the pastry with the beaten egg and sprinkle with flaky sea salt.
- ☐ Bake for 30 mins until golden brown. This goes well with mash and buttered green beans.

Nutrition Facts



Properties

Glycemic Index:55.31, Glycemic Load:25.94, Inflammation Score:-10, Nutrition Score:41.759130799252%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Petunidin: 2.51mg, Petunidin: 2.51mg, Petunidin: 2.51mg, Petunidin: 2.51mg Delphinidin: 2.55mg, Delphinidin: 2.55mg, Delphinidin: 2.55mg, Delphinidin: 2.55mg Malvidin: 17.55mg, Malvidin: 17.55mg, Malvidin: 17.55mg, Malvidin: 17.55mg Peonidin: 1.59mg, Peonidin: 1.59mg, Peonidin: 1.59mg, Peonidin: 1.59mg Catechin: 9.05mg, Catechin: 9.05mg, Catechin: 9.05mg, Catechin: 9.05mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 4.81mg, Epicatechin: 4.81mg, Epicatechin: 4.81mg, Epicatechin: 4.81mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg Naringenin: 2.24mg, Naringenin: 2.24mg, Naringenin: 2.24mg, Naringenin: 2.24mg Apigenin: 0.93mg, Apigenin: 0.93mg, Apigenin: 0.93mg, Apigenin: 0.93mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin:

6.78mg, Quercetin: 6.78mg, Quercetin: 6.78mg, Quercetin: 6.78mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 1222.51kcal (61.13%), Fat: 75.17g (115.65%), Saturated Fat: 24.76g (154.76%), Carbohydrates: 54.94g (18.31%), Net Carbohydrates: 50.59g (18.4%), Sugar: 6.76g (7.52%), Cholesterol: 179.83mg (59.94%), Sodium: 939.88mg (40.86%), Alcohol: 13.44g (100%), Alcohol %: 2.8% (100%), Protein: 59.29g (118.59%), Vitamin A: 12254.25IU (245.09%), Selenium: 85.79µg (122.55%), Zinc: 13.85mg (92.36%), Vitamin B3: 17.15mg (85.73%), Vitamin B12: 4.23µg (70.48%), Vitamin B6: 1.27mg (63.58%), Vitamin B2: 1mg (58.61%), Phosphorus: 503.15mg (50.32%), Vitamin B1: 0.66mg (44.07%), Iron: 7.85mg (43.61%), Manganese: 0.8mg (40.11%), Potassium: 1257.27mg (35.92%), Vitamin K: 35.61µg (33.91%), Folate: 113.04µg (28.26%), Vitamin E: 4.01mg (26.74%), Magnesium: 98.99mg (24.75%), Copper: 0.38mg (18.98%), Fiber: 4.35g (17.41%), Vitamin C: 7.84mg (9.51%), Calcium: 86.34mg (8.63%), Vitamin B5: 0.48mg (4.84%), Vitamin D: 0.4µg (2.64%)