



Crispy topped Cumberland pie

 **Gluten Free**  **Popular**

READY IN



275 min.

SERVINGS



5

CALORIES



679 kcal

Ingredients

- 2 celery stalks sliced into 1cm pieces
- 1 onion chopped
- 2 carrots halved sliced
- 5 bay leaves
- 3 thyme sprigs
- 2 tbsp vegetable oil
- 1 tbsp butter
- 2 tbsp worcestershire sauce plain
- 2 beef bouillon cubes crumbled

- 850 g beef cut into large chunks
- 850 g potatoes
- 25 g cheddar cheese finely grated

Equipment

- frying pan
- oven
- baking pan

Directions

- Heat oven to 160C/140C fan/gas
- Soften the celery, onion, carrots, bay and 1 thyme sprig in a casserole with 1 tbsp oil and the butter for 10 mins. Stir in the flour, followed by the pure, Worcestershire sauce and stock cubes.
- Gradually stir in 600ml hot water, then tip in the beef and bring to a gentle simmer. Cover and cook in the oven for 2 hrs 30 mins, then uncover and cook for 30 mins -1 hr more until the meat is really tender and sauce thickened.
- Meanwhile, cook potatoes in a pan of boiling water until they're not done but about of the way there.
- Transfer meat to a baking dish. Slice spuds into 1cm thick rounds and gently toss with seasoning, the remaining oil and thyme leaves.
- Layer on the beef, scattering with the cheese as you layer. You can cover and chill the pie now for 1 day, or freeze for up to 3 months.
- Increase oven to 200C/180C fan/gas 6 and bake for 30-40 mins until golden and crispy, and sauce bubbling if the dish went in cold.
- Serve with peas.

Nutrition Facts

PROTEIN 20.46% **FAT 58.22%** **CARBS 21.32%**

Properties

Glycemic Index:62.32, Glycemic Load:23.04, Inflammation Score:-10, Nutrition Score:29.555217374926%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg

Nutrients (% of daily need)

Calories: 679.46kcal (33.97%), Fat: 43.76g (67.33%), Saturated Fat: 16.39g (102.45%), Carbohydrates: 36.05g (12.02%), Net Carbohydrates: 31.11g (11.31%), Sugar: 4.37g (4.85%), Cholesterol: 131.87mg (43.96%), Sodium: 666.53mg (28.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.61g (69.22%), Vitamin A: 4248.44IU (84.97%), Vitamin B12: 3.71µg (61.86%), Vitamin B6: 1.12mg (56.12%), Zinc: 7.91mg (52.76%), Vitamin B3: 9.37mg (46.83%), Vitamin C: 38.5mg (46.66%), Phosphorus: 412.81mg (41.28%), Selenium: 28.07µg (40.1%), Potassium: 1358.62mg (38.82%), Iron: 5.3mg (29.44%), Vitamin B2: 0.37mg (21.53%), Fiber: 4.93g (19.73%), Vitamin K: 20.46µg (19.48%), Magnesium: 77.47mg (19.37%), Manganese: 0.37mg (18.36%), Vitamin B1: 0.25mg (16.37%), Copper: 0.33mg (16.32%), Vitamin B5: 1.49mg (14.85%), Folate: 51.13µg (12.78%), Calcium: 112.28mg (11.23%), Vitamin E: 1.44mg (9.58%), Vitamin D: 0.2µg (1.33%)