



HEALTH SCORE

55%

Devilled cheek & kidney pot pie

READY IN



230 min.

SERVINGS



6

CALORIES



1489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 175 g flour plain
- ☐ 1 tbsp dijon mustard english
- ☐ 1 tsp ground pepper
- ☐ 1 kg beef cut into large chunks
- ☐ 400 g lamb's kidney- ox kidney prepared halved cut into chunks, lamb's kidneys
- ☐ 3 tbsp vegetable oil
- ☐ 300 g bacon chopped
- ☐ 4 carrots chopped
- ☐ 2 onion chopped

- ☐ 2 bay leaves
- ☐ 300 ml ale light
- ☐ 400 ml beef stock fresh (cubes or)
- ☐ 1 tbsp tomato purée
- ☐ 5 thyme sprigs
- ☐ 1 "-" long marrow bones
- ☐ 400 g flour plain
- ☐ 2 eggs beaten
- ☐ 200 g butter (for the best results, half of each)

Equipment

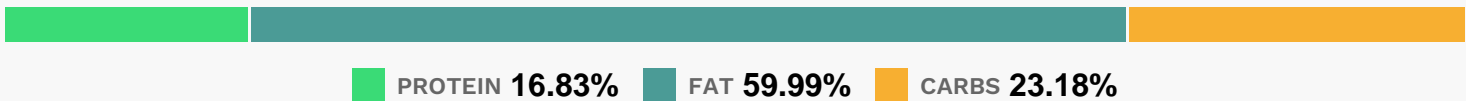
- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ colander

Directions

- ☐ First make the pastry (its best if it rests).
- ☐ Put the flour, mustard powder, some flaky sea salt and the lard and/or butter in a food processor and pulse until the texture of breadcrumbs.
- ☐ Add half the egg and pulse again.
- ☐ Add a few tbsp cold water, if needed, until it forms a short pastry. Knead quickly into a ball and chill in the fridge. Can be made 2 days ahead or frozen for 1 month.
- ☐ Heat oven to 160C/140C fan/gas
- ☐ Mix the flour with the mustard powder and cayenne pepper, then coat the beef chunks and kidneys in the flour keeping them separate.
- ☐ Heat the oil in a large flameproof casserole and brown the beef chunks in batches. Set aside, then brown the kidneys and tip into a colander to drain. In the same pan, sizzle the bacon and add the carrots, onions and bay, and cook until browned.

- ☐ Pour over the ale, stock and tomato pure, then reduce quickly, scraping the base of the dish.
- ☐ Return the beef chunks to the dish, nestle the thyme into the mix, then season. Cover and braise in the oven for 2 hrs, stirring the kidneys into the stew halfway through. Can now be kept in the fridge for up to 2 days, or frozen for 1 month.
- ☐ Heat oven to 220C/200C fan/gas
- ☐ To make the pie, tip the stew into a baking dish or shallow casserole.
- ☐ Place a piece of bone marrow in the middle, if using; if not, an upturned egg cup will do the same job.
- ☐ Roll out the pastry to fit the dish with enough to overhang, then drape over the stew, seal the edges and cut off the excess. Use trimmings to make leaves to decorate.
- ☐ Brush the pastry all over with the remaining egg, sprinkle with flaky sea salt and bake for 40 mins until golden. Leave to rest for 10 mins, then serve the pie with teaspoons for the bone marrow, for those who want it.

Nutrition Facts



Properties

Glycemic Index:65.22, Glycemic Load:55.75, Inflammation Score:-10, Nutrition Score:52.440434663192%

Flavonoids

Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.65mg, Quercetin: 7.65mg, Quercetin: 7.65mg, Quercetin: 7.65mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 1489.41kcal (74.47%), Fat: 97.7g (150.3%), Saturated Fat: 38.88g (242.99%), Carbohydrates: 84.96g (28.32%), Net Carbohydrates: 80.35g (29.22%), Sugar: 4.67g (5.18%), Cholesterol: 551.56mg (183.85%), Sodium: 1179.92mg (51.3%), Alcohol: 1.95g (100%), Alcohol %: 0.38% (100%), Protein: 61.65g (123.31%), Vitamin B12: 22.35µg (372.45%), Selenium: 167.75µg (239.65%), Vitamin A: 8852.9IU (177.06%), Vitamin B2: 2.85mg (167.57%), Vitamin B3: 21.47mg (107.37%), Vitamin B1: 1.28mg (85.39%), Phosphorus: 710.14mg (71.01%), Folate: 280.35µg (70.09%), Vitamin B6: 1.36mg (67.86%), Iron: 12.14mg (67.46%), Zinc: 10.04mg (66.93%), Vitamin B5: 4.63mg (46.34%),

Manganese: 0.91mg (45.58%), Potassium: 1199.69mg (34.28%), Copper: 0.64mg (31.88%), Vitamin K: 24.08µg (22.94%), Magnesium: 87.89mg (21.97%), Vitamin E: 3.01mg (20.07%), Fiber: 4.61g (18.43%), Vitamin C: 13.24mg (16.05%), Calcium: 105.59mg (10.56%), Vitamin D: 1.39µg (9.29%)