



Highland beef with pickled walnuts & puff pastry tops

READY IN



210 min.

SERVINGS



8

CALORIES



1376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 375 g pack ready-rolled puff pastry
- ☐ 1 eggs beaten
- ☐ 1.5 kg stewing beef fat removed cut into 5cm/2in pieces, excess
- ☐ 2 garlic cloves crushed peeled
- ☐ 1 bay leaf
- ☐ 880 ml stout such as scottish oatmeal stout dark canned
- ☐ 85 g butter
- ☐ 3 tbsp olive oil

- ☐ 100 g streaky bacon smoked roughly chopped
- ☐ 3 large onions spanish finely chopped
- ☐ 2 tbsp flour plain
- ☐ 350 ml port
- ☐ 390 g pickled walnuts halved (reserve 2 tbsp pickling vinegar)
- ☐ 3 tbsp flatleaf parsley fresh chopped

Equipment

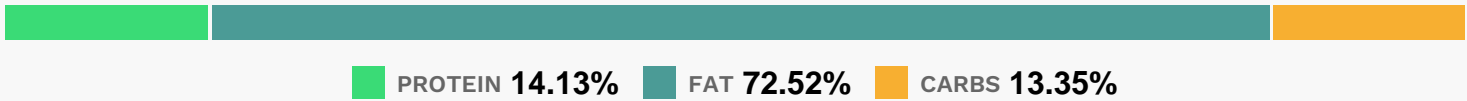
- ☐ bowl
- ☐ baking sheet
- ☐ ladle
- ☐ oven
- ☐ wire rack
- ☐ slotted spoon

Directions

- ☐ Up to three days before, make the pastry puffs. Preheat the oven to fan 180C/conventional 200C/ gas
- ☐ On a lightly floured surface, roll out the pastry a little thinner and stamp out sixteen 6cm rounds.
- ☐ Put the rounds on a baking sheet and brush with the egg.
- ☐ Sprinkle with salt and bake in the oven for 5–7 minutes or until puffed and golden brown. Cool on a wire rack, then store in an airtight container until ready to serve.
- ☐ Make the stew.
- ☐ Put the beef, garlic and bay leaf in a large non-metallic bowl and pour in the stout. Cover and leave to marinate in the fridge for at least an hour, preferably overnight.
- ☐ Preheat the oven to fan 130C/ conventional 150C/gas
- ☐ Drain the meat and pat dry on kitchen paper. Set aside the marinade liquid.
- ☐ Heat both half the butter and oil in a large lidded ovenproof casserole. Over a high heat, brown the beef in batches until each piece is sealed and dark brown.

- ☐ Remove the meat with a slotted spoon as you go. Set aside.
- ☐ Wipe the dish with kitchen paper, melt the remaining butter and oil and fry the bacon and onions for 10–15 minutes until the onions are golden brown, very soft and well reduced.
- ☐ Stir in the flour until blended, add the port and reserved marinade and return the beef to the dish. Bring to the boil, cover with a tight-fitting lid and cook in the oven for 2 –3 hours or until the meat is very tender (no need to season). Cool, put in a large sealed container and store in the fridge, or freeze for up to 1 month.
- ☐ To serve, return to the casserole and bring slowly to the boil (if frozen, defrost and continue as above).
- ☐ Add pickled walnuts and reserved pickling vinegar and simmer for 30 minutes until hot. Stir through the parsley. Re-heat the pastries at fan 180C/ conventional 200C/gas 6 for 3–4 minutes. To serve, ladle into bowls, top with a couple of pastry puffs and sprinkle with a little chopped parsley.

Nutrition Facts



Properties

Glycemic Index:36.25, Glycemic Load:14.41, Inflammation Score:-9, Nutrition Score:36.005652147791%

Flavonoids

Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg Petunidin: 2.94mg, Petunidin: 2.94mg, Petunidin: 2.94mg, Petunidin: 2.94mg Delphinidin: 1.73mg, Delphinidin: 1.73mg, Delphinidin: 1.73mg, Delphinidin: 1.73mg Malvidin: 42.09mg, Malvidin: 42.09mg, Malvidin: 42.09mg, Malvidin: 42.09mg Peonidin: 1.74mg, Peonidin: 1.74mg, Peonidin: 1.74mg, Peonidin: 1.74mg Catechin: 4.38mg, Catechin: 4.38mg, Catechin: 4.38mg, Catechin: 4.38mg Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg Apigenin: 3.08mg, Apigenin: 3.08mg, Apigenin: 3.08mg, Apigenin: 3.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 12.3mg, Quercetin: 12.3mg, Quercetin: 12.3mg, Quercetin: 12.3mg

Nutrients (% of daily need)

Calories: 1375.58kcal (68.78%), Fat: 106.59g (163.98%), Saturated Fat: 29.94g (187.15%), Carbohydrates: 44.12g (14.71%), Net Carbohydrates: 39.08g (14.21%), Sugar: 7.51g (8.34%), Cholesterol: 184.68mg (61.56%), Sodium: 409.51mg (17.8%), Alcohol: 6.79g (100%), Alcohol %: 1.63% (100%), Protein: 46.73g (93.46%), Manganese: 2.07mg (103.44%), Vitamin B12: 4.14µg (69.03%), Selenium: 47.41µg (67.73%), Zinc: 9.98mg (66.56%), Vitamin B3: 11.23mg

(56.16%), Phosphorus: 548.81mg (54.88%), Copper: 1mg (50.06%), Vitamin B6: 1mg (49.96%), Iron: 6.85mg (38.07%), Vitamin K: 39.77µg (37.88%), Vitamin B1: 0.52mg (34.8%), Vitamin B2: 0.56mg (32.76%), Magnesium: 129.72mg (32.43%), Folate: 116.7µg (29.17%), Potassium: 920.7mg (26.31%), Fiber: 5.04g (20.17%), Vitamin E: 2.5mg (16.67%), Vitamin B5: 1.49mg (14.86%), Calcium: 112.72mg (11.27%), Vitamin A: 432.07IU (8.64%), Vitamin C: 6.93mg (8.4%), Vitamin D: 0.35µg (2.32%)