



## Shelburne Country Inn Oyster, Beef, and Guinness Pie

READY IN



45 min.

SERVINGS



8

CALORIES



311 kcal

### Ingredients

- ☐ 2 bay leaves
- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup butter
- ☐ 1.5 cups carrots sliced
- ☐ 0.3 cup flour all-purpose
- ☐ 1 cup flour all-purpose
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup ice water
- ☐ 1 tablespoon milk 1% low-fat

- ☐ 1.5 cups onion divided chopped
- ☐ 1 pound potatoes red quartered
- ☐ 0.3 teaspoon salt
- ☐ 12 shucked oysters
- ☐ 12 ounce boned sirloin steak trimmed cut into 1/2-inch cubes
- ☐ 12 ounces pkt spinach fresh chopped
- ☐ 12 ounce stout beer (such as Guinness Stout)
- ☐ 3 thyme sprigs
- ☐ 3 tablespoons tomato paste

## Equipment

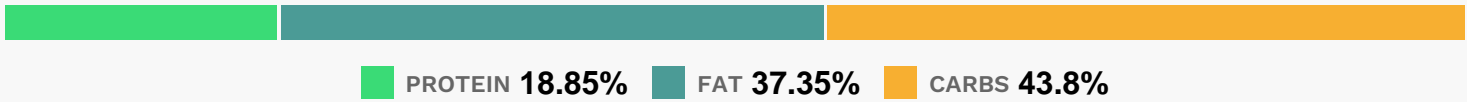
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ plastic wrap
- ☐ ziploc bags
- ☐ measuring cup
- ☐ dutch oven

## Directions

- ☐ To prepare stew, combine 3/4 cup onion, tomato paste, thyme, bay leaves, and beer in a large zip-top plastic bag.
- ☐ Add beef; seal and marinate in refrigerator 4 to 24 hours, turning bag occasionally.
- ☐ Remove beef from bag, reserving the marinade.
- ☐ Cook potatoes and carrot in boiling water 7 minutes; drain. Rinse in cold water; drain.
- ☐ Heat a Dutch oven coated with cooking spray over medium-high heat.
- ☐ Add 3/4 cup onion and garlic; saut 2 minutes.

- ☐ Add beef; cook 3 minutes or until browned. Lightly spoon 1/4 cup flour into a dry measuring cup, and level with a knife.
- ☐ Sprinkle 1/4 cup flour over the beef mixture, stirring to coat. Cook 2 minutes. Gradually add reserved marinade, stirring well, and bring to a boil. Reduce heat, and simmer 20 minutes.
- ☐ Add potatoes, carrot, spinach, 1/4 teaspoon salt, and pepper; cook 20 minutes or until potatoes are tender. Discard thyme and bay leaves.
- ☐ Remove from heat, and cool slightly. Spoon into a 10-inch deep-dish pie plate coated with cooking spray. Top with oysters.
- ☐ To prepare crust, lightly spoon 1 cup flour into a dry measuring cup, and level with a knife.
- ☐ Combine 1 cup flour and 1/4 teaspoon salt in a bowl, and cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Sprinkle surface with ice water, 1 tablespoon at a time, tossing with a fork until moist and crumbly (do not form a ball).
- ☐ Press mixture gently into a 4-inch circle on heavy-duty plastic wrap; cover with additional plastic wrap. Chill for 15 minutes.
- ☐ Roll dough, still covered, into an 11-inch circle.
- ☐ Place dough in freezer for 5 minutes or until plastic wrap can be easily removed.
- ☐ Preheat oven to 35
- ☐ Remove 1 sheet of plastic wrap; fit the dough over top of beef mixture.
- ☐ Remove top sheet of plastic wrap. Fold the edges under beef mixture.
- ☐ Brush surface with milk. Pierce top of dough with a fork; bake at 350 for 40 minutes or until the filling is bubbly and crust is browned.

## Nutrition Facts



## Properties

Glycemic Index:57.23, Glycemic Load:12.86, Inflammation Score:-10, Nutrition Score:25.281739157827%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin:

1.5mg Kaempferol: 2.97mg, Kaempferol: 2.97mg, Kaempferol: 2.97mg, Kaempferol: 2.97mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg

Nutrients (% of daily need)

Calories: 311.17kcal (15.56%), Fat: 12.68g (19.5%), Saturated Fat: 6.33g (39.56%), Carbohydrates: 33.44g (11.15%), Net Carbohydrates: 29.5g (10.73%), Sugar: 4.22g (4.69%), Cholesterol: 40mg (13.33%), Sodium: 253.79mg (11.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.39g (28.78%), Vitamin K: 211.7µg (201.62%), Vitamin A: 8294.65IU (165.89%), Manganese: 0.73mg (36.34%), Folate: 142.62µg (35.66%), Vitamin C: 22.62mg (27.42%), Potassium: 843.23mg (24.09%), Vitamin B12: 1.39µg (23.16%), Vitamin B6: 0.44mg (22.24%), Selenium: 15.47µg (22.1%), Iron: 3.84mg (21.31%), Vitamin B1: 0.31mg (20.78%), Vitamin B3: 4.15mg (20.75%), Zinc: 2.95mg (19.66%), Vitamin B2: 0.31mg (18.35%), Phosphorus: 179.93mg (17.99%), Magnesium: 69.04mg (17.26%), Fiber: 3.95g (15.78%), Copper: 0.3mg (15.22%), Vitamin E: 1.49mg (9.91%), Calcium: 79.24mg (7.92%), Vitamin B5: 0.54mg (5.4%)