



Spiced braised beef pie



Dairy Free

READY IN



140 min.

SERVINGS



6

CALORIES



808 kcal

Ingredients

- ☐ 2 tbsp vegetable oil
- ☐ 1 kg braising steak cut into 2½ cm chunks
- ☐ 1 large onion finely chopped
- ☐ 2 garlic cloves finely chopped
- ☐ 1 small piece ginger finely chopped
- ☐ 2 tsp sichuan peppercorn
- ☐ 25 g flour plain for dusting plus a little extra
- ☐ 1 tbsp tomato purée
- ☐ 3 medium carrots cut into large chunks

- ☐ 2 star anise
- ☐ 1 cinnamon sticks
- ☐ 100 ml soya sauce
- ☐ 3 chillies whole red
- ☐ 375 g pack ready rolled all-butter puff pastry
- ☐ 1 eggs beaten

Equipment

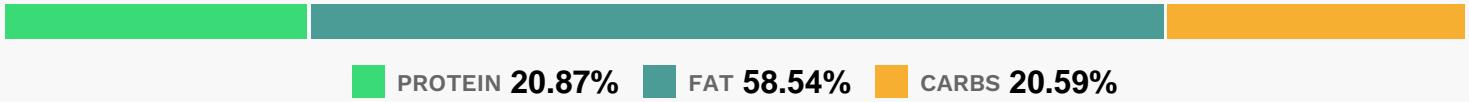
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ casserole dish
- ☐ mortar and pestle
- ☐ pie form
- ☐ funnel

Directions

- ☐ Heat half the oil in a heavy-based flameproof casserole pan on a medium heat. Fry the meat in batches until browned, then remove from the pan and set aside.
- ☐ Turn down the heat, add the remaining oil to the pan and cook the onion, garlic and ginger for a few mins until starting to soften. Crush the Sichuan peppercorns using a pestle and mortar, then add the flour and mix well.
- ☐ Add the spiced flour to the onion, mix well until all the onion is coated, then return the meat to the pan along with the tomato pure, carrots, star anise and cinnamon. Give everything a good stir, scraping up any bits from the bottom of the pan. Cook for 1 min.
- ☐ Add the soy sauce, chillies and 400ml water. Bring up to a simmer and cook very slowly the sauce should be bubbling gently but not boiling for 1 hrs until the meat is really tender. Leave to cool.
- ☐ Heat oven to 190C/170C fan/gas
- ☐ Once cool, spoon the filling into a 2-litre pie dish, removing the cinnamon stick, chillies and star anise.

- ☐ Roll out the puff pastry on a floured surface until it is about 2cm larger than the dish. Put a pie funnel in the middle of the pie (it will stop the pastry sinking and becoming soggy).
- ☐ Brush the edges of the dish with a little of the egg to help the pastry seal.
- ☐ Lay the pastry over the top, pressing down well. Pierce centre and trim off the excess pastry with a sharp knife.
- ☐ Brush liberally with egg and bake for 30–35 mins.

Nutrition Facts



Properties

Glycemic Index:58.64, Glycemic Load:20.22, Inflammation Score:-10, Nutrition Score:33.713043544603%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.27mg, Quercetin: 5.27mg, Quercetin: 5.27mg, Quercetin: 5.27mg

Nutrients (% of daily need)

Calories: 807.76kcal (40.39%), Fat: 52.99g (81.53%), Saturated Fat: 17.5g (109.36%), Carbohydrates: 41.92g (13.97%), Net Carbohydrates: 38.3g (13.93%), Sugar: 4.66g (5.18%), Cholesterol: 128.95mg (42.98%), Sodium: 1191.28mg (51.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.51g (85.02%), Vitamin A: 5399.73IU (107.99%), Selenium: 60.13µg (85.9%), Zinc: 9.32mg (62.14%), Vitamin B3: 12.36mg (61.8%), Vitamin B12: 2.83µg (47.2%), Vitamin B6: 0.94mg (46.8%), Vitamin C: 36.73mg (44.52%), Manganese: 0.86mg (42.77%), Vitamin B2: 0.71mg (41.49%), Phosphorus: 352.52mg (35.25%), Iron: 5.94mg (33%), Vitamin B1: 0.49mg (32.96%), Vitamin K: 30.9µg (29.43%), Potassium: 787.94mg (22.51%), Folate: 84.25µg (21.06%), Magnesium: 69.46mg (17.36%), Copper: 0.32mg (16.24%), Fiber: 3.62g (14.49%), Vitamin E: 1.23mg (8.23%), Calcium: 61.85mg (6.19%), Vitamin B5: 0.4mg (3.97%), Vitamin D: 0.31µg (2.09%)