



Steak and Kidney Pie with Bacon and Mushrooms

READY IN



410 min.

SERVINGS



8

CALORIES



814 kcal

Ingredients

- 4 slices bacon thick sliced cut into 1 inch pieces
- 1 pound beef for stew, cut in 1 inch pieces
- 0.5 pound beef kidney
- 0.5 cup beef stock
- 2 tablespoons butter
- 1 eggs with 2 teaspoons water beaten
- 0.3 cup flour all-purpose
- 0.5 cup milk
- 6 ounce mushrooms sliced

- 1 medium onion chopped
- 4 large potatoes peeled cut into 1-inch chunks
- 17.3 ounce puff pastry frozen thawed
- 0.5 cup red wine
- 8 servings salt and pepper to taste
- 1 tablespoon vegetable oil

Equipment

- bowl
- sauce pan
- oven
- pot
- pie form

Directions

- Cut the kidneys in half, and remove the tubes and skins; rinse well under cold running water. Pat dry, and cut into 1/2 inch dice.
- Pour the vegetable oil into a large, heavy bottom pot, and set over medium-high heat. Season the flour to taste with salt and pepper in a bowl. Toss the kidney and stew meat in the flour; shake off the excess. Sear the meat in the hot oil until well browned, then remove.
- Add the bacon to the pot and cook until crisp. Stir in the onion and mushroom, and cook to soften, about 2 minutes.
- Pour in beef stock, wine, and browned meat; bring to a boil, stirring constantly, until the mixture starts to thicken, about 5 to 10 minutes. Reduce heat to low, and simmer 1 1/2 to 2 hours, until meat is tender.
- Remove from heat, and cool to room temperature.
- Place potatoes in a saucepan with enough water to cover, over high heat. Bring to a boil, then reduce heat to medium-low, and simmer until potatoes are tender, about 20 minutes.
- Drain, then mash with the butter and milk; season with salt and pepper. Allow to cool.
- Preheat oven to 375 degrees F (190 degrees C).

- Press one sheet of the puff pastry into a 9 inch pie dish, and trim the edges to fit. Fill with the cooled meat mixture.
- Spread mashed potatoes over top, about one inch thick.
- Place the remaining sheet of puff pastry over the top of the pie. Trim the excess pastry around the edges, then flute the edges with a fork.
- Brush the top with the beaten egg.
- Bake in the preheated oven for 20 to 25 minutes, or until crust is golden.

Nutrition Facts

PROTEIN 13.49% **FAT 53.58%** **CARBS 32.93%**

Properties

Glycemic Index:47.09, Glycemic Load:41.44, Inflammation Score:-7, Nutrition Score:35.332608637602%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 814.4kcal (40.72%), Fat: 47.98g (73.82%), Saturated Fat: 15.3g (95.64%), Carbohydrates: 66.36g (22.12%), Net Carbohydrates: 60.83g (22.12%), Sugar: 3.82g (4.24%), Cholesterol: 178.01mg (59.34%), Sodium: 626.23mg (27.23%), Alcohol: 1.59g (100%), Alcohol %: 0.46% (100%), Protein: 27.18g (54.35%), Vitamin B12: 9.2µg (153.27%), Selenium: 71.35µg (101.93%), Vitamin B2: 1.28mg (75.57%), Vitamin B3: 11.09mg (55.43%), Vitamin B6: 1.04mg (52.16%), Vitamin C: 40.48mg (49.06%), Vitamin B1: 0.63mg (42.32%), Phosphorus: 381.04mg (38.1%), Potassium: 1239.46mg (35.41%), Manganese: 0.7mg (35.19%), Iron: 5.91mg (32.84%), Folate: 122.88µg (30.72%), Zinc: 4.26mg (28.4%), Copper: 0.52mg (26.02%), Vitamin B5: 2.47mg (24.74%), Fiber: 5.53g (22.11%), Magnesium: 77.76mg

(19.44%), Vitamin K: 17.93µg (17.07%), Vitamin A: 519.75IU (10.39%), Calcium: 69.62mg (6.96%), Vitamin E: 0.96mg (6.38%), Vitamin D: 0.65µg (4.34%)