

COW PIE



MINUTES TO PREPARE
15



TIME TO COOK
2 hr 45 mins



SERVES
4-6



INGREDIENTS

800g chunks stewing beef
200g shallots, peeled
300g mushrooms, finely chopped
300g carrots, peeled and cut into rounds on the diagonal
2 clove of garlic, finely chopped
1 teaspoon paprika
1 tablespoon flour
1 tablespoon rapeseed oil
200ml red wine
100ml water
1 teaspoon vegetable bouillon
2 sprigs rosemary, finely chopped
1 bay leaf
Salt and pepper
270g puff pastry
1 egg, beaten

You will need an oven proof dish with a lid.

LET'S GET COOKING

- 1 Preheat the oven to 150/300/gas 2.
- 2 Sprinkle the flour and paprika over the beef and season well. In a large casserole dish or frying pan, heat the rapeseed oil over a high heat. Fry off the beef in batches so that they are brown and take on colour. Once you have browned off the remove to a plate on the side whilst you brown off the rest. You'll need to do this in batches otherwise it will stew.
- 3 Turn down the heat and add the mushrooms, carrots, shallots and garlic. Sauté for 5 minutes whilst deglazing the pan (scrapping off all the crusty caramelised bits off the bottom with a wooden spoon or spatula as this is where the flavour is).
- 4 Turn up the heat again, add the wine and bring to the boil. Add the water, bouillon, chopped rosemary, bay leaf and season well. Add the beef chunks back in, bring to a gentle simmer, put a lid on and place it in the oven to cook for 2 hours.
- 5 When your casserole has cooked, turn up your oven to 180/350/gas 4. Lay the pastry on top and paint over the egg using a pastry brush. Cook for 30 minutes or until the pastry is golden brown.
- 6 Serve with green beans, mangetout and cauliflower.

"We used to cook this beautiful beef pie every week in the chalet and one week a guest came in and said 'Cow Pie? Just like at home!'. It's been Cow Pie in our household ever since and is the perfect meal for a lazy Sunday. The casserole part cooks for two hours, so it's ideal if you want to go off and do something else. If you are making it in the morning, simply leave the casserole once it's cooked and add the pastry only when you are ready to eat it. If you don't fancy the pastry crust, try it with rice, sweet potato mash or roasted root vegetables"