

Beef & Guinness Pies

Ingredients

500g steak cut into 25mm cubes
½ cup of plain flour
Salt and freshly ground pepper
5 tbsp oil
2 onions thinly sliced
½ tsp sugar
1 can Guinness or (1 can of beer and 2tbsp treacle)
1 cup of beef stock
½ tsp thyme
2 bay leaves
2 tbsp Worcestershire sauce
Puff pastry
1 egg beaten for brushing

Instructions

Toss the pieces of steak with flour and salt and pepper mix. Heat 3 tbsp of oil in pan and brown the meat in small batches. Transfer to a plate
Add 1 tbsp of oil, butter, onions and the sugar, fry until the onions are golden brown.

Return the meat to the onions. Add the thyme, bay leaves and worcestershire sauce along with the Guinness and stock.

Cook on low heat for 2 hours until meat is tender.

Place the meat mix into ramekins and top with puff pastry. Brush the top of the pastry with the egg wash.

Bake in a moderate oven for 30-35 minutes until the pastry is crisp