



Recipe of the Month- May 2008

Home-made Steak pie

Serves 6 – 8

Ingredients:

2 x 150g	Steaks per person (I prefer to use topside or silverside of venison – prime cuts are a waste. Even Ostrich meat will work brilliant)	30 ml	Dry Mustard powder
15ml	Yellow Mustard seeds	30ml	Premixed steak and chop spice
100ml	Lemon juice	100ml	Vegetable Oil

For the sauce:

50ml	Butter	1	Onion, chopped
125g	Bacon, chopped	100g	Mushroom, sliced
250ml	Cream or Milk	100ml	Water
50ml	Mayonnaise	50ml	Chutney
1	Packet Brown onion Soup	1	Packet Pepper sauce
1 x 400g	Readymade Puff Pastry		

Method:

1. Mix the mustard powder, mustard seeds, spice, lemon juice and vegetable oil. Rub into the meat and marinade for a few hours in the refrigerator. (These steaks can even be marinated for up to four days if you have the patience and can wait so long.)
2. When required, remove the steaks from the marinade and seal the meat in a searing hot pan with a bit of vegetable oil and a small block of butter. You can slice it into smaller pieces after searing. (Remember you are only searing not cooking)
3. For the sauce: Melt the butter in a saucepan and add the onion, bacon, and mushrooms. Fry until tender and cooked through. Combine all the other ingredients and add to the onion mixture in the saucepan. Bring to the boil, stirring all the time.
4. To assemble: This is where I cheat a bit; you can complete the dish by doing the method you prefer. To start with: I will make the sauce in heavy based casserole dish. **Method 1:** The moment the sauce is boiling add the meat, place the lid on, and turn the heat down to a simmer. Give it a stir ever so often. If the sauce seems to reduce too much, top it up with a bit of water. Let it simmer for more or less 40 minutes at a low heat with the lid on. **Method 2:** Layer the meat and the sauce starting with the meat and ending with sauce. Bake in the oven at 180° for about an hour. Remove from the oven.
5. Let the stew cool down for about 30 minutes or more. In the meantime, preheat the oven to 200°C.
6. On a lightly floured surface, unroll the pastry and gently smooth it out with a rolling pin. Do not roll it out to thin. Use the lid of the casserole dish and cut out the pastry according to size. Wet the rim of the dish with water and cover the meat with the pre-cut pastry lid. Press the pastry against the sides of the casserole dish. Egg wash the pastry lightly with one beaten egg diluted with a bit of water.
7. Bake in the oven for 30-40 minutes or until golden brown. (For something different or a new look to the old traditional pie, I sometimes cut the puff pastry into 1 cm pieces in the length and roll them up in little snakes, and arrange this on top of the meat in a spiral shape, on top of one another (this does use a bit more pastry but is worth it.)
8. Serve this delicious pie with minted pea mash, by boiling your potatoes, as you would do when making mash. When the potatoes have about 10 minutes left of cooking, add the frozen peas. Drain the potatoes and peas and place back into the saucepan. Add a handful of freshly chopped mint leaves. Mash with a potato masher and add a good dollop of butter. Beautiful!!!



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