



Peterborough
Environment City Trust



Peterborough Community Services
Health and Social Care

Beef & Onion Pie

Ingredients:

- 600g/1lb 5 oz lean minced beef
- 2 tbsp sunflower oil
- 1 medium onion peeled and chopped
- 1 clove garlic, crushed
- 2 tbsp plain flour
- 2 tbsp tomato puree
- 1 tbsp English mustard
- 75g/3oz mushrooms, finely chopped
- 300ml/11floz beef stock
- 400g/14oz shortcrust pastry
- Milk or beaten egg to glaze

Method:

1. Brown the minced beef in the oil in a hot pan, breaking up the mince with the back of a spoon as it browns.
2. Add the onion and garlic and cook a further 2 minutes. Add the mustard, mushrooms and stock and bring slowly to the boil. Covers the simmer for 20 minutes. Cool.
3. Make then roll the pastry out large enough to cover the pie dish or smaller dishes. Cut pastry to fit and press firmly onto the dish. Brush with milk to glaze.
4. Bake at 20-25 minutes for large or until the pie is golden.

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