

## Steak and Kidney Pie

a Paul Clerehugh recipe as featured on the Nicki Whiteman Show

Paul Clerehugh is BBC Radio Berkshire's guest chef.

He is chef proprietor of the Crooked Billet, one of England's most famous foodie pubs.

In the 1800's, this British classic was also known as John Bull pudding. One of the mistakes that people make when preparing steak and kidney for pie or pudding is to confuse the flavour of the meat with too many other ingredients - Worcestershire sauce, red wine, Lea and Perrins etc. Let the ingredients speak for themselves.

Paul Clerehugh

### For the suet pastry

300g self-raising flour

150g shredded suet

200ml water

Malden salt

1. Sieve the flour and salt together into a mixing bowl. Add the suet, stir in the water and season. Mix the ingredients into a fairly firm dough.
2. Wrap it in a damp tea towel or cling film and rest it in the fridge for 20 minutes. Now you're ready to roll. Lightly flour a surface and roll the pastry about 7mm thick.
3. Choose a 1ltr sized pudding basin, and grease it well with butter. When lining the basin, leave 2cm of pastry overhanging the lip.
4. Roll out a circle slightly larger than the top of the basin. When the basin has been filled with the steak and kidney mixture, brush the perimeter of the overhang with cold water before topping with the "lid" circle. Now you can trim excess lid pastry and overhang.

## For the filling - serves 4

2 tbsp vegetable oil or beef dripping  
450g chuck steak - into 2.5cm cubes  
225g lambs kidney - cut in half - white "cortex" removed  
2 carrots, peeled, roughly cut 1cm dice  
2 onions, peeled and roughly chopped  
2 celery sticks, roughly chopped  
200g button mushrooms, halved  
300ml brown ale  
600ml veal stock or beef stock from a stock cube  
1 bay leaf  
Malden salt, freshly ground black pepper

1. Heat the dripping or vegetable oil in a large pan, brown off the beef and kidney. Remove the pan, reserve. In the sauce pan brown off the carrots, onions, celery and mushrooms in a touch more dripping or oil.

2. Now add the beer to the vegetables. Allow the beer to reduce by two thirds. Now add the stock and bay - simmer. Now add the steak and kidney, lid on and simmer on a low heat for 1½ hours. It is important that the meat is not yet tender - it will finish cooking when we steam the pudding. Season and allow to cool.

3. Once cool, strain through a colander, reserving the cooking liquid and removing the bay leaf. Spoon the meat and vegetables into the lined pudding basin and add just enough sauce to JUST cover. Put the pastry lid on.

4. Now top the pudding basin with a sheet of buttered greaseproof. Fold a crease/pleat into the paper, so that as the suet top rises, the paper can expand. Tie the greaseproof around the top of the bowl with string.

5. Place your largest pan on the hob. Place an upturned dessert plate or soup bowl in the bottom of the pan. Place the pudding dish on the plate.
6. Fill the pan with boiling water from the kettle until it comes to 4cm below the top of the pudding basin. Lid on and simmer the pudding for 1½ hours – keep checking your water level.
7. Any remaining gravy can be re-heated to pour over the pudding when served.

Hear more from BBC Radio Berkshire's guest chef Paul Clerehugh on  
Nicki Whiteman's afternoon show,  
tune into the food hour at 2pm on Friday afternoons.