

STEAK & KIDNEY PUDDING

Serves 4 (1 litre basin) | Prep 20 Minutes | 4 Hours Cooking | Medium



FOR BEST RESULTS, PAN FRY THIS CUT

Whilst I personally develop, try and test all our recipes and cooking guides, heritage breed animals can vary immensely, therefore cooking times are a guide only. Please ensure all products are cooked through and hot before serving. Enjoy!

Jeff Baker

Executive Development Chef

INGREDIENTS

- 450g F&Co Steak & Kidney mix
- 1 tbsp plain flour
- 1 tbsp vegetable oil duck fat or beef dripping
- 1 white onion, thinly slice
- 2 carrots, peeled and diced
- 2 celery sticks, peeled and diced or 150g diced celeriac
- 1 bay leaf
- Fresh thyme, leaves finely chopped
- 150ml Dark Stout such as Guinness
- 150ml Essential Cuisine beef stock

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INGREDIENTS

- 1 tsp tomato purée
- Sea salt & cracked black pepper to taste

FOR THE PASTRY

- 350g plain flour
- 2½ tsp baking powder
- 175g suet
- 250ml ice cold water approximately
- Pinch fine sea salt
- Pinch English mustard powder
- A little butter to grease

METHOD STAGE 1

- 1 Heat the oil in a large pan and cook the onions, celery (celeriac) and carrots with the herbs until they are beginning to caramelise. Remove from the pan and set aside. Season the flour well with salt and pepper; and toss the steak and kidney in it to coat. Add more oil to the pan if necessary and then brown the meat in batches.
- 2 Pour in the stout and puree then scrape any beefy floury bits from the bottom of the pan, then add the stock, the vegetables and all the meat; bring to a simmer, cover with a lid & gently for 1½ hours until tender & allow to cool.

METHOD STAGE 2

- 3 Two hours before dining sift the flour and baking powder into a mixing bowl and add the salt and mustard powder. Rub in the suet briefly to mix, then add enough cold water to bring it to firm dough.
- 4 Separate off a quarter of the dough and set aside and then roll out the rest to about 1 cm thick. Grease a 1 litre pudding basin generously, and use the pastry to line it, being careful not to stretch the pastry too much.
- 5 Fill the pastry with the steak & kidney mix, stopping about 2cm from the top, and then roll out the lid and stick it on with a little cold water. Cover the basin with greaseproof paper then foil, leaving enough slack for the pastry to rise, and fashion a handle out of string to lift the basin out of the water.
- 6 Put the pudding in a large pan half-filled with boiling water, cover tightly with foil & or a lid and simmer for 2 hours, check the water level after 1 hour though it should be ok if the lid is tightly sealed, top up with more boiling water if necessary.
- 7 Turn out and serve immediately with lots of buttery mashed potatoes & a little English mustard.