FROM OUR KITCHEN

Szechuan beef pie

An Asian twist on the classic beef pie.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
20 min	100 min	120 min	4

01 Ingredients

- [ ] 800 g beef chuck, trimmed of fat, 2.5cm diced
- [ ] 1 teaspoon sunflower oil
- [ ] 1 tablespoon Szechuan peppercorns (or black peppercorns)
- [ ] 2 onions, cut into wedges
- [ ] 2 carrots, chopped on the diagonal
- [ ] 2 cups parsnip, peeled and diced
- [ ] 2 cloves garlic, sliced
- [ ] 1 long red chilli, finely chopped
- [ ] 1 tablespoon soy sauce
- [ ] 1 tablespoon toasted sesame paste (or tahini)
- [ ] 500 ml salt reduced beef stock
- [ ] 2 heaped teaspoons cornflour
- [ ] 2 spring onions, sliced
- [ ] 4 steamed choy sum (or similar Asian green), to serve

02 Step-by-step method

01 Drizzle beef with sunflower oil in a bowl and toss to coat. Toast Szechuan peppercorns in a small frying pan until fragrant, do not burn. Tip into a mortar and pestle and grind to a fine powder.

02 Place a large cast iron casserole dish or wok over medium high heat. Brown beef in 2-3 batches, add ground peppercorns, onions, carrots, parsnip, garlic, chilli, soy, sesame paste and stock and bring to the boil. Cover and simmer for 1 hour 15 minutes or until beef is tender.

03 Mix a few tablespoons of the cooking liquid with the cornflour to a smooth paste and stir into mixture. Cook for 5-10 minutes until mixture thickens. Add spring onions.

04 Meanwhile steam sweet potato and mash with ginger. Preheat oven to 200oC. Divide pie filling between 4 x 1 cup-capacity ramekins and top with sweet potato topping.

05 Bake pies for 15 minutes or until golden and serve with steamed greens.

03 Chef's tips

- Szechuan peppercorns are available from Asian grocers or the Asian section in supermarkets. If you don't have a mortar and pestle to crush the peppercorns you can place them in a zip lock bag and whack them with a rolling pin.

- If you don't have toasted sesame paste or tahini substitute 1 teaspoon sesame oil mixed with 1 teaspoon peanut butter.

- Make one large pie by using a 4-cup capacity baking dish or 8-9 inch pie plate.

- Save time and use lean beef mince instead of chuck. Reduce the cooking time to 30 minutes and only use half the stock.