



The Olde Scots Kitchen



Steak and Kidney Pie

Ingredients

750g (1½ lbs) steak,
12 mm (½ inch) thick, use — blade, flap or round.
250g (½ pound) beef kidney, beef stock,
About ½ cup flour seasoned with salt and pepper,
Prepared puff pastry.

Method

Pound the steak and cut into strips 12mm (½ inch wide) by 75mm (3 inches) long, leaving each strip side by side on the board. Free the kidney of all fat and gristle, and cut into oblongs 25mm (1 inch) long by 6mm (¼ inch) thick. Place a piece of kidney on each strip of beef and roll up. Carefully dip each roll into the seasoned flour without unwinding and put the rolls in a deep pot, packing them tightly side by side to ensure they do not unroll whilst cooking. Make a second layer. Add enough beef stock to just cover the meat and simmer, covered for 1½ hours. When cool enough to handle, transfer the rolled up meat to a casserole, smaller in diameter than the pot in which they were simmered.

Pack them tightly and pour in sufficient gravy to just come below the meat at the top of the pie. Adjust the seasoning of the gravy before adding. Cover with 6mm (¼ inch) crust of puff pastry, sealing well at the edges and making a hole in the centre to allow the steam to escape. Bake at 250°C for about 30 minutes or until the pastry is golden brown.

Prepared puff pastry can be purchased frozen and is a great time-saver.