

THREE THINGS TO DO WITH;

STOUT



1. Cook a Hearty Beef & Guinness Pot Pie

Ingredients

1 kg chuck steak, cut into 3cm cubes	2 teaspoons Worcestershire sauce
1/4 cup (40g) plain flour, seasoned	400ml Guinness or stout
2 tablespoons olive oil	1 bay leaf
2 onions, chopped	375ml Good quality beef stock
2 garlic cloves, finely chopped	Puff pastry
2 carrots, finely chopped	1 egg, beaten
1 tablespoon tomato paste	

Method

Lightly coat beef in flour, shaking off and reserving excess flour. Heat butter and oil in a large flameproof casserole or saucepan over medium-high heat. In batches, brown beef all over for 3-4 minutes, then remove and set aside.

Add onion, garlic and carrot to the pan (with a little extra oil if needed) and stir for 2-3 minutes. Return beef to pan, stir in paste and reserved flour, then add sauce, stout, bay leaf and stock. Bring almost to the boil, then reduce the heat to low. Cover and cook for 1 1/2 hours or until beef is tender and sauce is thick. Cool completely.

Preheat oven to 190C. Cut pie lid from pastry, 1cm wider than the top of your pie dish or ovenproof bowl. Carefully top the dish with pie lid and press firmly around edges to seal well. Make 2 cuts in pie top, then brush with egg. Bake for 25-30 minutes until golden.

2. Make a Grown-up Thickshake

Chocolate & Stout Shake

Ingredients

3/4 to 1 cup cold stout
500ml good quality chocolate ice cream

Add cold beer to blender container. Scoop ice cream into blender container. Blend until smooth, stopping blender and scraping down sides as needed. Pour into glasses.

Makes 2 shakes

3. Make Your Christmas Pudding Now!

A super-rich pud recipe that will keep in the back of the fridge for three years!

Fills two 2 litre basins

Ingredients

500g Raisins	1 Medium carrot, peeled and grated	1 tb Cinnamon
300g Sultanas	1 Apple, peeled and grated	1 tb Mixed spice
300g Currants	200g Breadcrumbs	125g Chopped mixed peel
190g Whole blanched almonds	375g Light brown sugar	125g Glace cherries
375g Suet	6 Eggs	330ml Guinness
1 each Orange & lemon, zest & juice		60ml Brandy
		200g Plain flour

Method

Put all the ingredients in a very big mixing bowl. Mix well, then cover and refrigerate for at least 24hrs.

Fill the pudding basins up to 2cm below the rim. Cover with greaseproof paper then a cloth and tie tightly with string. Place in a double-boiler or steamer and cover

Bring to a simmer and cook for 1hr, topping up with boiling water when necessary.

Transfer to a bain-marie or a shallow pan filled with water and bake in the oven at 150c for a further hour and half without the lid. This will help to dry out the top of the pudding a little – sealing it until Christmas.

Remove and check whether the pudding is cooked by gently pressing the top with your fingers – it should be firm to the touch. Alternatively, insert a knife into the pudding – it should come out clean.

Leave to cool. The basin may be slightly greasy and sticky on the outside – wipe it off and tie on a clean cloth.

Keep refrigerated and forget about the pudding until Christmas.

To serve, put the pudding back into a double boiler or steamer with a loose fitting lid and simmer for 3hrs, pour more brandy over the pudding and flambé if you like.

Accompany with some thick double cream or brandy butter