



**Clearly we lived like kings in late December. We had a catering tray of goodie given which had found their way to a food bank but were only a day from their ?End of life? date. How Veal, Venison and Aberdeen Angus end up at a food bank is anybodies guess. But gift horses mouths are to be left well shut!**

### **Ingredients:-**

Aberdeen Angus Stewing Steak, cubed  
Mushrooms, sliced  
1 Onion, sliced  
500ml of Beef Stock  
Soy Sauce  
Salt & Pepper  
Pasty ( We used Gluten free ready rolled )  
Oil to fry  
Seasoned Flour  
Corn Flour  
1 Egg and Milk for an egg wash

### **Method:-**

- (1) Coat the meat in seasoned Flour and fry in a little Oil to brown on all sides.
- (2) Remove the Meat and drain.
- (3) Add the Onion and sautee.
- (4) Add the Mushrooms and season to taste.
- (5) Allow to soften for a couple of minutes.

- (6) Add the Stock and Soy Sauce and stir well.
- (7) Allow to simmer for a few minutes.
- (8) Return the meat to the pan and stir in.
- (9) Pre heat the oven to 180c.
- (10) Beat the Egg and Milk together.
- (11) If the sauce seems thin add a little Corn Flour to water and stir in to thicken.
- (12) Transfer to a casserole dish and cover with pastry.
- (13) Brush with the Egg wash and place in the oven.
- (14) Cook until the Pastry is golden brown.

**We served ours with mashed Potatoes and Peas. Very tasty indeed!**