STEAK AND KIDNEY PASTIES IN FLAKY CHEESE PASTRY

INGREDIENTS

For the Filling

1 onion,
Olive oil
500gms blade steak,
250gms lamb kidneys
¼ cup flour
Salt and pepper
½ cup red wine
1 T fresh thyme leaves or 1t dried thyme
1T beef stock powder
1 T tomato paste
1 ½ cups water
2 T worcestershire sauce.

For the Pastry

400gms flour
200gms cold butter cut into cubes
100 gms parmesan cheese grated
½ t paprika
1t salt
Chilled water

1 egg for glazing pastry

INSTRUCTIONS

Prepare the meat sauce filling
Preferably make the meat sauce the day before, or start at least 6 hours before preparing the pies as the meat needs to be cold when filling the pastry.
Preheat oven to 170C
Dice onions and cook in olive oil until translucent and tender.
Dice steak to 1cm cubes, Trim kidneys, discarding sinew and dice to 1cm
Toss meat in flour, salt and pepper.
Add floured meat to pan and brown.
Add red wine, then all remaining ingredients .

Place in oven proof covered casserole dish and cook in oven for 90 minutes or until meat is tender, and gravy is thick and dark.Remove from oven and chill meat sauce.
To prepare the pastry

Place flour, chopped butter and cheese, paprika and salt into food processor bowl
Pulse to combine. Add chilled water until pastry just starts to form a crumbly ball.
Do not over process. There should still be small lumps of butter visible in the dough.

Remove from processor and bring together lightly kneading and form 2 flat discs.
Wrap in plastic wrap and chill for at least 30 minutes.

To prepare the pies

Preheat oven to 210C Bake function with steam (approx 50% humidity)

Roll pastry to 3mm thickness
Using a saucer as a guide cut circles of pastry.
Brush one edge of the pastry with egg wash
Place 1/4 cup of meat mixture in centre of circle
Fold side over and seal into a semi circle, making sure it is completely sealed.
Brush with egg wash
Place on baking paper lined tray and cook for 20 - 25 minutes or until pastry is golden brown .