

Steak, mushroom and Guinness suet pudding

Cuisine: **English**
Food category: **Beef**





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Company: **Retigo**

Program steps

1

 Combination

 70 %

 Termination by time

 00:00
hh:mm

 70 °C

 40 %



Ingredients - number of portions - 8		
Name	Value	Unit
Diced steak	750	g
Onion	1	pcs
pork lard	100	g
tomato puree - tube	1	pcs
Guinness - Can	2	pcs
beef stock	2	l
bay leaf	2	pcs
Mushrooms	500	g
Self raising flour	300	g
Beef Suet	175	g
baking powder - tsp	1	pcs
salt - 1/2 tsp	1	pcs
Cold water	200	ml
Plain Flour	300	g

Directions

Fry off the steak and onion in the lard, then add the plain flour and stir. Now add the Guinness, stock and tomato puree and stir. Then add the bay leaf and mushrooms and stir well.

Place into the oven and cook overnight.

When cooked, place into the fridge to cool.

Make up the suet pastry and line a pudding basin with the pastry.

Fill the bowl with the chilled beef mixture and line the top with pastry, then cover leaving space for the pastry to rise.

No place the bowl into the oven on steam for around 2 and a half to 3 hours.

Once ready, turn out and cut into 8 and serve with mashed potato and vegetables.

Nutrition and allergens	
Allergens: Gluten	
Minerals: Ca, Calcium, Co, copper, Cu, Fe, I, iron, Iron, K, Mg, Mn, Na, P, phosphorus, potassium, Selenium, Sodium: 38758 mg, Zn	
Vitamins: A, B vitamins (B2, B3, B5, B7, B9), C, E, Niacin, Thiamin, Vitamin D	
Nutritional value of one portion	Value
Energy	827.8 kJ
Carbohydrate	59 g
Fat	52.8 g
Protein	33.8 g
Water	123.9 g

Recommended accessories



Enameled GN
container