

Aberdeen Angus Beefsteak Pudding

Hmmm, what to serve with this luscious beefsteak pudding ... what would the readers of this book enjoy? I reckon rustic fat chips cooked in duck fat, with fresh mint peas and gravy, would be just the ticket!

1 lb suet pastry
(see recipe on page 35)
25 g / 1 oz beef dripping
675 g / 1½ lb Aberdeen Angus rump steak, cut into chunks, fat removed
2 large red onions, finely chopped
40 g / 1½ oz plain flour
1 nutmeg, grated
425ml / 15 fl oz rich beef stock
50 ml / 3 tablespoons port wine
Salt and black pepper
1 tablespoon chopped parsley

SERVES 4–6

Line and grease a large 1.35 kg / 3 lb pudding basin or 4 to 6 individual pudding basins with butter and the suet pastry, leaving roughly a quarter for the lid(s).

Fill a steamer with water, or a large saucepan half filled, to hold the pudding basin.

In a large saucepan, heat the dripping and fry the steak for 4 minutes. Add the onion and cook for a further 2 minutes. Sprinkle with flour and nutmeg and cook for 3 minutes, then add the beef stock, port, seasoning and parsley and simmer for a further 20 minutes.

Remove the steak from the heat and allow it to cool.

Place the meat and stock into the suet-lined pudding basin(s). Roll out the lid(s) and cover the pudding(s), pressing and securing the edges with a little water.

Cover the pudding(s) with a double piece of greaseproof paper, tied down with string, leaving room for the pastry to expand.

Place into the steamer or saucepan of boiling water with a tightly closed lid and steam for 2 hours, taking great care to top up with boiling water regularly.

Let the pudding stand for ten minutes before serving. Any beef stock that is left you can put into a sauce boat and serve with the pudding.