

Steak & Kidney Pudding
 meat pudding in a crispy suet pastry case

I used a packet mix for one of the basic ingredients of the pastry. Suet puddings were quite popular in the old days, and pure beef suet was available from most butchers. Lately, the best I could do was a Tandaco packet mix of 44% suet, 52% wheat flour. So, unless ordinary suet can be obtained, this recipe isn't GF Friendly – Sorry.

Filling:
 250g beef steak
 2 lamb kidneys
 1 beef stock cube
 or 1 tsp stock powder
 1 tsp anchovy sauce
 1 Tbsp gravy powder
 250ml water

Pastry:
 2/3 cup Tandaco suet mix
 1/3 cup self raising flour
 a shake of salt (optional)
 cold water to bind



Trim excess fat from the beef and slice thinly 0.5 cm (about 1/2 inch), then cut into 2.5 cm (1 inch) squares. Remove the piping from the kidneys and chop small. Place the meat in a small pan with the water, crumbled stock cube or powder, and anchovy sauce - If not available, a little salt may suffice. Put the pan on the stove, bring to the boil, then cover and simmer for 20 minutes. Once cooked, allow to cool.

Mix the dry ingredients in a bowl with the back of a fork. Make a well in the centre and add water **a little at a time**, mixing with the fork until the dough binds together and is pliable, but **not sticky**. Divide into two, then break off 1/3 of each for the top. Form these into balls by hand, then roll thinly on a floured board. Spray two 9 cm (3 1/2 inch) pudding bowls or ramekins with oil and press in the larger dough base, overlapping the top. Use a straining spoon to put the meat in the cases. Mix the gravy powder with the remaining stock and heat, stirring constantly until thickened. Add 1 1/2 Tablespoons of this to each pudding. Reserve the rest of the gravy for re-heating and serving. Brush the edge of the pastry bases with water, then put on the tops. Trim excess dough, then lightly press down the edges to seal. Place the bowls in a steamer with hot water. Bring to the boil on the stove top, cover, turn down to simmer and steam for 25 minutes.

Finally, place the bowls on an oven tray and bake for 15 minutes on 175°C fan-forced (190°C conventional) until the tops are golden brown. Take care when removing the puddings from the bowls. **Tip: use a knife to free off before tipping out - the top will be stuck to the rim.**

Makes 2 ample serves with vegies

I haven't tried freezing, but it should work okay

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