

Chunky Beef Shepherd's Pie

薯蓉牛肉批

Serving 份量: 4



Ingredients 材料:

Puff pastry 酥皮	2 sheets 張
Grated cheese 碎芝士	
Mashed potato 薯蓉	
Potato 薯仔	600g 克
Butter 牛油	50g 克
Milk 鮮奶	100ml 毫升
Salt 鹽	1/2 teaspoon 茶匙
Beef filling 牛肉餡	
Beef 牛肉	400g 克
Onion 洋蔥	1 隻
Button mushrooms 蘑菇	8 粒
Salt 鹽	1 teaspoon 茶匙
Barbeque sauce BBQ 醬	3 tablespoons 湯匙
Worcestershire sauce 噏汁	1 tablespoon 湯匙

Pie Crust 批皮

1. Preheat oven to 220°C. 焗爐預熱至攝氏 220 度。
2. Oil the pie dishes and line with the puff pastry sheets.
將焗盤掃油, 鋪上酥皮。
3. Bake in the oven for 15 minutes or until the pastries puff up and turn golden brown.
在焗爐內焗 15 分鐘, 或至酥皮漲起呈金黃色。



Mashed Potato 薯蓉

1. Peel and wash the potatoes. Put into a microwavable cooker and cook in the microwave oven for 10 minutes.
薯仔削皮、洗淨, 放入微波爐煮食器皿內煮 10 分鐘。
2. Add butter, milk and salt and use a masher to mash the potatoes.
加入牛油、鮮奶及鹽, 搓壓成薯蓉。



Chunky Beef Filling 牛肉餡

1. Cut beef into 1cm pieces. Slice onion and button mushrooms.
將牛肉切條, 約 1 毫米厚, 洋蔥切絲, 蘑菇切片。
2. Stir fry the onion, add salt, then add mushroom and beef.
先爆香洋蔥, 加鹽, 再加蘑菇及牛肉同煮。
3. Add barbeque sauce and Worcestershire sauce. Cook till the beef is done and the sauce is thick.
加入 BBQ 醬及喼汁, 煮至牛肉熟透及汁液濃稠。

Preparing the Pie 薯蓉牛肉批

1. Spoon the beef into the baked pie.
將煮好的牛肉倒入焗好的批內。
2. Cover the pie with mashed potato. Add grated cheese on top.
批面鋪上薯蓉, 再灑上碎芝士。
3. Cover the pie crust with aluminium foil, cut out the centre leaving the cheese exposed.
用錫紙將酥皮遮蓋, 剪去錫紙中心部分, 只露出鋪上芝士的部分。
4. Put under grill for 10 minutes till cheese is golden brown. Serve with vegetables and side dish.
在烤爐下, 烘 10 分鐘至芝士變成金黃色。伴上蔬菜享用。

