

Sylvia's Westmorland Steak with cheese pastry (serves 4)

Thanks to Sylvia who passed on this favourite recipe to us

Ingredients

900g (2lb) stewing steak, 4cm (1 1/2 ") thick

1 tablespoon parsley

1 medium onion

2 bay leaves

25g (1oz) butter or 3 tbs oil

600ml (1 pint) beef stock

A little flour

Salt & pepper

Trim the steak and score it diamond fashion with a sharp knife.

Finely chop the parsley and onion and rub into the cuts all over.

Cover and leave for about 1 hour to marinate.

Heat up the butter and dust the steak with pepper. When the butter is hot quickly fry the bay leaves then the meat on both sides, salt it and sprinkle with flour.

Let the flour brown slightly, then add the beef stock and bring to the boil.

Put everything into an ovenproof dish, cover and cook in a slow to medium oven, 170-180°C (325-350°F), gas mark 3-4 for about 2 hours. Check once that the liquid is not drying up. If it is, add a little more stock.

Variation - the meat can be cut into largish cubes instead of leaving it in one piece and it is good with a cheese crust made as follows...

Cheese pastry

Sift 125g (4-5oz) plain flour with a pinch of salt and rub in 50g (2oz) fat. Add 75g (3oz) grated Cheddar cheese. Sprinkle this over the top and cook for 30 minutes.

Sylvia's note – "this would work with any stew or mince instead of the mash in a cottage pie"