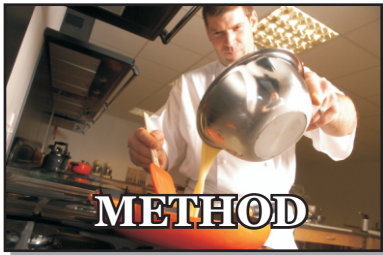


Steak & Kidney Pudding

500g Diced Stew Beef
 1 Diced Onion
 250g Diced Lambs Kidney
 2 dstspn Henderson Relish
 350ml Beef Stock
 1 Sprig Fresh Thyme
 25g Flour
 1tspn Tomato Puree
 1 dstspn Vegetable Oil

Suet Pastry

400g Self Raising Flour
 200g Beef Suet (Atoza)
 300ml Water
 2 pinch Salt
 1tspn Chopped Fresh Thyme



1 Fry off the beef in a hot pan with the oil then add the onions & kidney. Cook for 2 minutes, add the flour and tomato puree and mix in. Gradually add the beef stock and relish to make a sauce. Bring to the boil and cover with a lid, simmer for approx 1 - 1 1/4 hours.

2 Make the pastry by mixing all the dry ingredients together, add the cold water and mix to as soft dough.

3 Roll out two thirds of the dough on a lightly floured surface and line a greased 1.5 litre pudding basin, leave any extra pastry hanging over the sides.

4 Fill the basin with the filling roll out the remaining pastry. Brush the top edge with water, lay the lid on top and press together. Trim off the excess pastry.

5 Cover the top with grease proof paper and tie in place with string. Steam for 1 1/2 - 2 hours, or place in a pan and half cover with water, simmer for the same time.