

Steak and ale pie

Prep: 20 mins • Cook: 2hrs 35 mins • Serves: 6

A filling dish, high in protein which is ideal if you are on dialysis. It is also low in potassium, phosphate and salt.

Ingredients

- | | |
|-------------------------------------|----------------------------------|
| 400g ready rolled shortcrust pastry | 2 teaspoons Worcestershire sauce |
| 25g plain flour | 2 teaspoons tomato puree |
| 800g braising steak | 500ml ale |
| 20g unsalted butter | 300ml low salt beef stock |
| 1 tablespoon vegetable oil | 2 teaspoons sugar |
| 2 large onions | Ground black pepper |
| 2 carrots | Cabbage, (approx. 600g) |
| | 1 egg |

Carbohydrate The pastry is the main sources of carbohydrate in this main meal and the value has been provided for those who have been trained in insulin adjustment.

Phosphate/ potassium The main sources of potassium in this dish are the vegetables and beef, however the amounts used in the recipe have been kept within a range that ensures the entire meal is low in potassium.

This dish is also low in phosphate, however, still contains phosphate due to the beef. If you have been prescribed a phosphate binder ensure you take them with this dish.

Protein This dish is high in protein which makes it perfect for those receiving dialysis.

Special diets

Gluten free: Use a gluten free flour, pastry, stock cube and Worcestershire sauce.

Healthier option For a healthier option, you could swap the pastry for a few sheets of filo pastry, or perhaps even omit the pastry and replace with a low fat topping, such as boiled and mashed swede.

Cheaper option This does not need to be an expensive dish. You can use a cheaper cut of meat to reduce the cost or reduce the quantity of beef and consider making your own pastry.

Storage This does not need to be an expensive dish. You can use a cheaper cut of meat to reduce the cost or reduce the quantity of beef and consider making your own pastry.

Special occasion

✓	Low phosphate		Low protein
✓	Low potassium	✓	Low salt
41.5g	Carbohydrate	752Kcal	Energy

Nutrition values are calculated per serving • Kidney diet guidelines vary for each individual • Consult your dietitian or doctor for the specific diet that is right for you.





Cooking in the kitchen with Chef Paul Ripley

This rich, meaty pie is a hearty dish with lovely flavour and pastry crust. Any cheap cuts of beef will work well.



1

Cut the beef into 2.5cm cubes and toss well in the flour until evenly coated and season with pepper. Heat the butter and oil in a large pan, add the meat in small batches and brown, then remove with a slotted spoon and set aside.



2

Thinly slice onions and chop carrot into cubes then fry gently for 2 minutes. Return beef to the pan with the Worcestershire sauce, tomato puree, ale, stock and sugar. Grind in of black pepper, stir well and bring to the boil.



3

Cover, reduce to a gentle simmer and cook for 2 hours until the meat is tender and the sauce has thickened and is glossy. Remove from the heat, place into a 1.5 litre deep pie dish and leave to cool completely.



4

Preheat oven to 200°C /gas mark 6. Roll the pastry to 3mm thick, then cut a 2cm wide strip from the rolled-out pastry. Brush the rim of the pie dish with water and press the strip around the rim. Sit a pie funnel in the centre if using.



5

Cut pastry out, 2.5cm larger than the dish. Place pastry lid over the top, press down to seal edges. Trim off excess pastry and crimp the edges with a fork. Brush the top with beaten egg and make a hole in the centre.



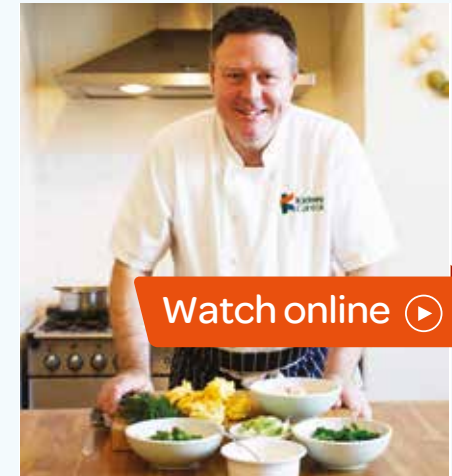
6

Bake for 30-35 minutes until the pastry is crisp and golden. Meanwhile, bring a large saucepan of water to boil, then add the shredded cabbage and boil until tender. Drain off the water and serve with the pie.



The Kidney Kitchen was created by Kidney Care UK to support patients and their families live well with kidney disease. Recipes have been developed by our professional chefs and modified to fit more closely with the various needs of people living with chronic kidney disease, which have been approved by the British Dietetic Association (BDA) Renal Nutrition Specialist Group.

www.kidneykitchen.org



Visit the website for more recipes, videos and dietary information.

If you have made this dish, we would love to see it. Share your photos online and don't forget to tag us #KidneyKitchen

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