

A traditional British pudding puff



Ingredients :

- 700 g beef flesh off the back foot
- 2 cups of strong beef broth
- 2 medium onions
- on a small bunch of parsley and celery
- 1 tbsp. liter. tomato puree
- 2-3 tbsp. liter. flour
- 1 tsp. dried oregano
- salt and freshly ground black pepper
- beef or pork fat for frying

For the dough :

- 350 g flour
- 170 g of beef tallow
- 1.5 tsp. Opener
- salt

Step 1



- For the stuffing meat cut slices with a side of about 3 cm chop greens . Onions cut feathers. Mix flour with salt, sprinkle the meat so that each piece was covered with a thin layer.
- In a large deep frying pan with a thick bottom , heat the beef or pork fat , over high heat, brown the meat in portions until golden brown on all sides. Cooked meat lay on a plate.
- In a frying pan, where grilled meat , put the onion, reduce heat to medium and cook onions, stirring occasionally, until light golden brown , 5-7 minutes . Then return to the pan and fry all the meat , stir for another 5 minutes .
- Add the broth to the pan , tomato puree , herbs , oregano and pepper. Bring to a boil , close the lid and cook on minimum heat for 2 hours, stirring occasionally . Then season with salt , remove from heat and cool completely .
- For the dough very finely chop the fat, place in a bowl , add the sifted with baking powder and salt, flour. Pour lukewarm water so much that you can not knead the dough too . Do not knead it for a long time - just woo homogeneity. Cover the ball of dough wrap and let stand for 20 minutes.
- Divide the dough into 6 pieces.

Step 2



- Roll each of them in a circle with a diameter slightly less than the form in which you will cook the pudding.

Step 3



- Lubricate the oil form, place 1 circle of dough. It put the stuffing, close the second round. So lay layers all the stuffing and dough - and the last layer should be dough.

Step 4



- Grease a piece of parchment with oil on the one hand, they close the form (oil side down) and tie with kitchen twine. Wrap top shape to about half in foil. Set in the form of a double boiler and cook for 2 hours, if necessary pouring boiling water.
- Serve the pudding hot with vegetable puree or steamed vegetables.

Bon Appetit!

