

Android Emulator - Medium_Phone_API_36.1:5554
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Food Categories

- Beef**
Beef is the culinary name for meat from cattle, particularly skeletal
- Chicken**
Chicken is a type of domesticated fowl, a subspecies of the red
- Dessert**
Dessert is a course that concludes a meal. The course usually consists of
- Lamb**
Lamb, hogget, and mutton are the meat of domestic sheep (species Ovis aries)
- Miscellaneous**
General foods that don't fit into another category
- Pasta**
Pasta is a staple food of traditional Italian cuisine, with the first reference
- Pork**
Pork is the culinary name for meat from a domestic pig (Sus scrofa)
- Seafood**
Seafood is any form of sea life regarded as food by humans. Seafood

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Meals in Beef

Search a meal...

- Asado**
- Aussie Burgers**
- Beef and Mustard Pie**
- Beef and Oyster pie**
- Beef Asado**
- Beef Banh Mi Bowls with Sriracha Mayo, Carrot & Pickled Cucumber**
- Beef Bourguignon**
- Beef Brisket Pot Roast**

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Meals in Beef

Search pie

- Beef and Mustard Pie**
- Beef and Oyster pie**
- Cumberland Pie**
- Minced Beef Pie**
- Mini chilli beef pies**
- Steak and Kidney Pie**
- Vegetable Shepherds Pie**

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Meal Details



Beef and Mustard Pie

Ingredients:

Beef: 1kg
 Plain Flour: 2 tbs
 Rapeseed Oil: 2 tbs
 Red Wine: 200ml
 Beef Stock: 400ml
 Onion: 1 finely sliced
 Carrots: 2 chopped
 Thyme: 3 sprigs
 Mustard: 2 tbs
 Egg Yolks: 2 free-range
 Puff Pastry: 400g
 Green Beans: 300g
 Butter: 25g
 Salt: pinch
 Pepper: pinch

Instructions for preparation:

Preheat the oven to 150C/300F/Gas 2.
 Toss the beef and flour together in a bowl with some salt and black pepper.