

Washington's Steak (and Kidney) Pie

By Chef Marti Mongiello, MBA, MA, MCFE

If you say you enjoy chicken pot pie, then you'll most likely enjoy steak pot pie! Which is how I enjoy serving this recipe. You can substitute the chopped kidneys with all chopped beef (if you like) or keep the kidneys in there to be authentic, whichever you enjoy. Be sure to see the episode of our TV series featuring Lord Cornwallis talking about the surrender at Yorktown and the Washington Steak and Kidney Pie at Inside the Presidents' Cabinet <http://www.InsidethePresidentsCabinet.com>.

As a traditional British and UK fave, the easiest way for me to explain this would be a thick beef stew in a beautiful pie shell. And I love a thick, strong-walled pie shell from Julia Child's recipe for Pate Brisee (her secret is the use of butter and shortening in her recipe - while my secret is salted butter, overall thickness by making a double recipe and therefore a large crust). I've always loved crust and still felt ripped off by thin crusts - or hardly any crust at all!

Make Julia's and my new modified SUPER crust: Mix 3 cups of **unbleached flour** with 1 cup of **cake flour**. Then pulverize with your hands 12 ounces **cold salted butter** cut into small pieces (3 sticks) into the flour with



8 tablespoons **vegetable shortening**. Now barely soft dough mix 1 cup of **ice water** in for a very, very soft dough. The secret is the ice-cold water and NOT over-working or OVER-mixing it!!! Roll out and fill a French spring-form (or deep pie dish) pan with your thick-walled dough. Dock with a fork or docker. Refrigerate until needed to avoid sagging walls or don't put into pan until the steak filling is ready.

Make the Steak Pie Filling: Liberally cover with **olive oil, salt, and pepper** and then roast on a heavy pan 2 large chopped **red potatoes**, 1/2 a chopped **yellow onion**, 1 1/2 Cup of chopped **carrots** until 80% done nicely in the oven and poked with a fork.

While that's roasting, prepare 1/2 Cup of sliced **green onions** (sweat for 2 minutes in the microwave and then saute soft with a little **butter**) and get ready to throw all of this into the completed pie shell. Griddle or pan cook in **bacon fat** 3 or 4 cups of cubed **tenderloin** or good steak meat. I like to bronze all six sides of my steak cubes at about 350 degrees. No need to thoroughly cook the cubes as they will finish in the pie - in the oven. Once these filling items are ready, mix with jar **brown gravy**, packet made gravy or home-made gravy. I prefer a thicker than usual demi-glace with **red wine** mixed in, some **salt and pepper**, and **Worcestershire Sauce** (which was not invented until the mid-19th century, so is wrong for a 1700's presentation of this pie at your fave reenactment event). I like to add thyme, crushed garlic, or even steak sauce (I variate between A1 and HP). Here's where you also add one cup of the cubed kidney (if you like and do not try to grill the kidney cubes).

Top the pie with pie dough and pinch together with the wall. You can cut decorative lines and egg-wash brush it. If using the springform pan, it's going to leak, so put a pan under it. Depending on the thickness of your **POWER-CRUST**, the pie could take 1 1/2 hours to cook at 400 degrees. Allow to cool for at least 30 minutes, so it is not molten and remember that the first piece is always the hardest to get out of ANY pie! This also makes adorable individual pies in crocks or ramekins.



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