

Beef and Barley Pot Pie

TOTAL COOKING TIME: 2 hours

1 sheet puff pastry, thawed
1 lb stew beef, cubed
1 C barley
1 C mushrooms, sliced
1 C potatoes, cubed
1 C carrots, sliced
1 C celery, sliced
1 C onions, diced
1 C tomatoes, diced

1/2 C Pu-erh Coffee tea (brewed and cooled)
2 C beef broth
1/2 C red wine (optional)
3 T all-purpose flour
2 T olive oil
1 † thyme
1 † rosemary
Salt and pepper to taste

PREHEAT THE OVEN: Preheat your oven to 375°F (190°C).

PREPARE THE FILLING: In a large pot, heat olive oil over medium heat. Add the beef and cook until browned on all sides. Add onions, carrots, celery, and potatoes, and sauté until softened. Add mushrooms and cook for another 5 minutes. Stir in the flour and cook for 1-2 minutes to form a roux. Gradually add the beef broth, Pu-erh Coffee tea, and red wine (if using), stirring constantly until the mixture thickens. Add the barley, tomatoes, thyme, rosemary, salt, and pepper. Mix well and remove from heat.

ASSEMBLE THE POT PIE: Pour the filling into a baking dish. Cover with the puff pastry, sealing the edges and cutting slits for steam to escape.

BAKE THE POT PIE: Bake in the preheated oven for 45-50 minutes, or until the puff pastry is golden brown.

COOL AND SERVE: Allow the pot pie to cool for a few minutes before serving.