

# Potted Beef Sandwich Filler



Hey, Mark here. This is homemade Beef Sandwich Filler. It's like pate, without the offal! Sorry for the photo, there's only so much you can do to make a photo of brown mush look pretty, but trust me, you're going to want to try this, so read on.

Being born and raised in the UK, there were certain lunch staples I loved growing up. This is one of them. Sometimes its called "potted beef", "beef sandwich filler", "Yorkshire beef" or even just "beef spread". When I moved to Australia, I couldn't find this stuff. So, after craving it for 3 years, I thought I'd make my own. This isn't the nasty gritty stuff in a jar nor is it made with offal; This is spreadable steak! And if that sentence doesn't make your mouth water then try it

anyway and thank me later! Best of all, you know exactly what has gone into making this delicious beef sandwich filler. It's really easy to cook in a slow cooker! YUM!

## ***Ingredients:***

- 500g Diced steak
- Approx 2 Cups of beef stock
- 1 clove of garlic, peeled
- Salt and pepper to taste
- 1/3 cup of ghee (if you can't find ghee in the supermarket, [click here](#) for a super quick Ghee recipe!)

## **Optional:**

- 1tsp Yeast Extract (enhances the natural beef flavour)
- 1tbs Tomato paste/concentrated tomato puree (because Beef and Tomato spread is the best thing ever)

## ***Method:***

1. Put beef in your slow cooker and cover with enough stock to slightly submerge the chunks, toss in the garlic clove. Cook for 4 hours on high or 6 hours on low.
2. When the beef is super tender and can be pulled apart easily with 2 forks, remove the garlic and dispose of it.
3. Remove the meat from the liquid stock. **\*DO NOT THROW AWAY THE STOCK\***
4. put the cooked beef in a food processor and add 1 ladle of stock. Pulse the processor until the meat is reduced to small fibers, similar to pulled pork/beef, but a little finer.
5. Scoop out the beef into a mixing bowl and, while the meat is still hot, add salt, pepper, and your optional ingredients, if you're using them. Mix thoroughly.
6. Now, one ladle at a time, add more stock and mix after

each ladle. Repeat this until the mixture is very slightly runny. (around 2 or 3 ladles of stock should do, it'll firm up in the fridge, don't worry).

7. Place in a resealable container and allow to cool
8. Melt the Ghee in the microwave and pour over the top and allow the Ghee to set. this will create a seal on top your spread and keep it fresher for longer. Store in the fridge in an airtight container for up to 1 week or in the freezer in an airtight container for up to 3 months.
9. Enjoy on toast for breakfast, in a sandwich for lunch or just grab a forkful whenever you want a beefy treat.