



Recipe Author From Shirley Mark's handwritten collection.
 Posted By Ruth McEwin
 Serves 4 to 6

BEEF & TOMATO FLAN

Ingredients

Amount	Ingredient	Preparation	Substitute
Filling			
2 Rashers	Bacon	Finely Chopped	
1 Medium	Brown Onion	Chopped	Red or White Onion
1 tblspn	Vegetable Oil		Olive or Rice Oil
500gm	Lean Beef Mince		Any mince you like
2 Tblspn	Tomato Paste		
1 Teaspn	Worcestershire Sauce		
Pinch	Sugar		Can omit
1 Clove	Garlic	Crushed	Garlic Salt 1 teaspoon
To Taste	Cracked Black Pepper		
Topping & Pie Casing			
1 Sheet	Frozen Shortcrust pastry	Take out to defrost while mixing filling	Home made short crust
2	Eggs	Beaten with Cream	
2 Tblspn	Sour Cream		
2	Tomatoes	Sliced	
1 Tblspn	Chives	Chopped/Snipped for garnish	Can also add to egg mix

Method

1. Pre heat oven to 180°C.
2. Heat a large frypan and cook chopped bacon until it crisps up and fat had rendered out. Add onion, garlic and if needed oil. Cook stirring frequently for 2-3 minutes until onions are soft.
3. Add mince and stir until meat is browned, juicy and evenly broken up. Add salt and pepper to taste.
4. Stir in Tomato paste, Worcestershire Sauce and sugar, mix well. Cook for 2-3 minutes then remove from heat and allow to cool.
5. Take a 20cm flan dish and grease and flour. Line it with the thawed pre-rolled shortcrust pastry and trim edges.
6. Taste cooled meat mix and adjust seasoning to taste. Then spread it evenly into flan pastry casing.
7. Spread beaten egg and cream mix over meat evenly; then line with sliced tomato. Brush tomato with olive oil and add pepper and salt if desired (can use celery salt).
8. Bake in pre-heated oven for 45 minutes until set in the centre.
9. Designed to be served cold. Store after fully cooled, in sealed container lined with grease proof paper. Use in 5 days. To serve sprinkle with chopped chive (I added chives to cream and egg mix also)





Tips

Add extra herbs and even a dash of chilli to meat filling to suit your tastes.
Serve with a side salad of your choice or just some rocket that is dressed with balsamic and garnished with shaved parmesan

I assume slices can be frozen but did not try it as we ate the left over slices for lunches.

History of Recipe

Another 1950-60s recipe from Shirley Marks' recipe collection.

