



Steak and kidney hotpot (pressure cooker)

*Packed with flavour and incredibly easy to make, this **steak and kidney hotpot** is a super easy meal with minimum prep. To speed things up I cooked the steak and kidney in a pressure cooker before adding a layer of sliced potatoes and finishing it in the oven. I've also included stovetop instructions for those who prefer a more traditional approach.*

Recipe by: [Veronica](#)

 Main Course  British  Calories 470

 Prep 20 minutes  Cook 1 hour 15 minutes

 Servings: **4 people**

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Equipment

- Pressure Cooker OR
- Large saucepan if cooking on the stove
- large casserole dish with lid
- Mandolin for slicing potatoes OR
- Sharp Knife

Ingredients

- 1 pound / 450 grams stewing steak chuck, flank, brisket, topside or similar, cut into bite-sized pieces
- 8 ounces / 225 grams ox kidney cut into small pieces
- 2 tablespoons / 20 grams flour

- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons vegetable oil for browning the meat
- 1/4 small cabbage thinly slices (approximately 1 cup)
- 1 large onion peeled and coarsely diced
- 1 medium potato peeled and grated
- 2 cups / 480 ml beef stock you can make it with a stock cube
- 2 tablespoons tomato puree / tomato paste
- 2 tablespoons Worcestershire sauce
- 1 teaspoon dried thyme
- 2 medium carrots peeled and sliced
- 1 1/2 pounds / 680 grams potatoes peeled and sliced for topping
- 1/2 teaspoon salt
- 1 - 2 teaspoons flour for thickening if needed
- 1/2 tablespoon butter to combine with flour for thickening

Instructions

- 1 Coat the meat (both the steak and kidney) in flour that has been seasoned with salt and pepper.
1 pound / 450 grams stewing steak, 8 ounces / 225 grams ox kidney,
2 tablespoons / 20 grams flour, 1/2 teaspoon salt, 1/4 teaspoon black pepper



- 2 Heat the oil in your pressure cooker (use the saute or browning function) and sear the meat, stirring occasionally, until it is nicely browned all over. You could do this step in a large saucepan.
2 tablespoons vegetable oil



- 3 Add the onions, cabbage and a grated potato to the pressure cooker (or saucepan).

1/4 small cabbage, 1 large onion, 1 medium potato



- 4 Stir the Worcestershire sauce, tomato puree and dried thyme into the stock and pour it on top.
2 cups / 480 ml beef stock, 2 tablespoons tomato puree / tomato paste, 2 tablespoons Worcestershire sauce, 1 teaspoon dried thyme
- 5 Cook at high pressure for 25 minutes. Consult the manual for your own make of pressure cooker. The Ninja takes 25 minutes - you may need slightly longer.

If you make this in a saucepan, cover the pan with a lid and simmer for 1½ to 2 hours until the meat is tender. And don't forget to check the stock in the saucepan - add more if it looks to be drying out.



- 6 Do a quick power release then add the carrots.

If you are cooking this in a saucepan, add the carrots halfway through the cooking time so they don't overcook.

2 medium carrots



- 7 Cook at high pressure for 4 minutes then do another quick pressure release. Taste for seasoning and add salt and pepper if necessary.



- 8 Transfer the meat and gravy to a large ovenproof casserole dish. If you feel the gravy hasn't thickened sufficiently you can make a paste with half a tablespoon of flour and a knob of butter and stir this into the casserole. The flour will thicken the gravy further while the casserole is in the oven.
1 - 2 teaspoons flour, ½ tablespoon butter



- 9 Slice the potatoes thinly (about one-eighth of an inch), arrange them on top of the casserole and optionally sprinkle them lightly with salt..
1½ pounds / 680 grams potatoes, ½ teaspoon salt



- 10 Cover the casserole with a lid and place it in a **preheated oven (200C/400F)** for 30 minutes.



- 11 Then remove the lid and leave in the oven for a further 15 minutes to allow the potatoes to brown and crisp.



12 Serve hot with your choice of lightly steamed vegetables.

Notes

Recipe tips:

- If you've bought pre-cut kidneys, make sure that you remove any bits of the middle core. Even if you've used a reputable butcher, the odd bits of core can sometimes get left behind.
- Don't skip the step of browning the meat. This not only adds loads of flavour to the dish, but the flour in the coating helps to thicken the gravy.
- Adding a grated potato to the pressure cooker helps thicken the gravy even more as the potato cooks away to nothing, leaving only the starch behind.
- Do not cut your potatoes too thinly or they will not stay on top of the casserole. They will soften too quickly and they will sink. $\frac{1}{8}$ th of an inch is the perfect thickness!
- When thickening the gravy (only if necessary) the amount of flour you will need will depend on how much gravy you have. Half a teaspoon of flour should be sufficient but if you have lots of gravy you may find you need a full teaspoonful.
- Cover the casserole with a lid for the first 30 minutes in the oven so the potatoes can soften in the steam that gets produced. Then remove the lid and cook for a further 15 minutes to allow the potatoes to brown and crisp.

Storage:

- Leftovers can be stored in the refrigerator for up to 3 days and reheated in the microwave or in a saucepan on the stove.
- This dish freezes well. Allow to come to room temperature then transfer to a suitable container and freeze for up to 3 months. Defrost in the refrigerator and reheat as above.

Nutrition

Calories - 470kcal | **Carbohydrates** - 44.7g | **Protein** - 44.7g | **Fat** - 12.2g | **Saturated Fat** - 1.2g | **Cholesterol** - 214mg | **Sodium** - 920mg | **Potassium** - 1183mg | **Fiber** - 7.1g | **Sugar** - 7.6g | **Calcium** - 80mg | **Iron** - 7mg

I am not a nutritionist. The nutrition information has been calculated using an on-line calculator, and is intended for information and guidance purposes only. If the nutrition information is important to you, you should consider calculating it yourself, using your preferred tool.

QR Code

Scan this QR code with your mobile phone to view the recipe on the web.



Unless otherwise stated, a cup is the standard US cup containing 240 ml. In all my recipes this cup is assumed to hold 140g of flour. For help converting other ingredients between cups, grams, ounces and other measures, see my [recipe conversion calculator](#).



All my recipes are developed and tested at sea-level. For tips on adjusting recipes for high altitudes see my post on [baking at high altitudes](#).

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