

LIFE'S KITCHEN

— ◆ —
A LOVE OF FOOD &
A SENSE OF OCCASION

RECIPE OF THE MONTH - JANUARY 2019

BEEF STEW AND HERB DUMPLINGS

Serve's Four

Great Dish for a cold Winter's Day



INGREDIENTS

Stew:

2 tbsp Olive oil
25g butter
750g Beef stewing steak cut into small bite sized pieces
2 tbsp plain flour
175g Baby onions peeled
150g Celery chopped into large chunks
150g Carrots chopped into large chunks
150g Swede cut into large chunks
1 x Leek roughly chopped
2 x garlic cloves, peeled, finely chopped
2 tbsp chopped fresh parsley
2 tbsp chopped fresh thyme
150ml red wine
2 x Bay leaves
500ml/18fl oz Beef stock
Worcester sauce (to taste)
Salt & Pepper

Dumplings:

125g plain flour
1 tsp Baking powder
Pinch salt
60g suet
1 tbsp thyme
1 tbsp chopped parsley
Water to make a dough

To serve:

400g Mashed Potato
1 tbsp Chopped parsley

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METHOD

Preheat the oven to 180C/350F/Gas 4.

Heat the oil and butter in a large casserole dish over a medium heat and fry the beef until browned on all sides, Sprinkle over the flour and cook for a further 2-3 mins

Add the garlic and vegetables and fry for a further two minutes, stirring well.

Add the red wine stir for one minute, then add the stock, Worcester sauce and herbs, season with salt and pepper.

Cover dish with lid and place in the oven and cook for about two hours.

Whilst its cooking sift the flour, baking powder and salt into a bowl, add the suet and herbs and enough cold water to form a thick dough. (not too sticky, have some spare flour just in case)

With floured hands roll 8 x small balls.

After two hours, remove dish from oven (care-full very hot!) remove lid and place the dumplings on top, place back in oven for a further 30 mins or (until dumplings are golden)

To serve:

Portion the Mash into large pasta bowls ladle the stew with two dumplings each and sprinkle with the chopped flat-leaf parsley, Enjoy!