
Adult Cookery

Beef Stew and Light Dumplings

Ingredients -

For the Stew

Cubed beef
Plain flour
Salt
Pepper
140g self-raising flour
½ tsp English mustard powder
1 onions Finely chopped
Parsley
2 tbsp. rapeseed oil
50 ml milk
1 egg
Two potatoes (peeled)

For the Dumplings

100g Self raising flour
1 tsp English mustard powder
2x spring onions chopped

Making the stew

1. Heat the oven to 190C/375F/Gas 5.
2. Pre heat a frying pan with oil
3. Chop off the ends of the carrots and then slice length ways, also cube potatoes place these in a boiling pan of salted water and boil for 15-20 minutes
4. Fry the onions until softened
5. Remove the onions from the pan
6. Season some flour with salt and pepper on a plate

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7. Crack one egg and whisk in a separate bowl
8. Roll your beef in the egg mixture
9. Then roll your beef around in the plain flour until coated
10. Place the beef into the hot oil until browned off
11. Remove the beef
12. Pour the beef stock into the hot pan to deglaze it
13. Place potatoes, onions, beef and stock in an oven proof dish and place in hot oven for 30 minutes

Making the Dumplings

1. Put the flour, mustard powder, some pepper and a pinch of salt in a bowl, then stir in the spring onions
2. Rub in 50g of butter or lard
3. Add a drop or two of cold water, if needed, to pick up any dry bits on the bottom of the bowl, and stir to make a soft and slightly sticky dough. Be as light-handed as you can, as over mixing or over handling will toughen the dumplings. Cut the dough into 4 pieces and very lightly shape each into a small, rough ball
4. Take out the stew and place the dumplings on top return to the oven for 20 mins
5. Bake in the oven for 15-20 minutes, or until pale golden-brown. Set aside to cool on a wire rack.