

Beef Braising Steak Stew with Dumplings



Cooking Time: 1 hr 40 mins

Serves: 4 people

how to cook

- 1 Heat the oil in a large saucepan, brown the carrots and onion, stir in the diced braising steak, brown well then stir in the flour.
- 2 Add a bay leaf and thyme sprig along with the beef stock. Cover and simmer for 1 hour.
- 3 Meanwhile to make the dough - add the suet, flour and a little water into a food blender. When this forms a thick dough make into 8 dumplings.
- 4 Remove cover from the steak stew; pop the dumplings on the top and simmer for a further 30 minutes.
- 5 Serve immediately garnished with rosemary.

what you need

- 450g diced John Penny braising steak
- 1 tablespoon oil
- 2 carrots, peeled and chopped
- 1 onion, chopped
- 1 tablespoon plain flour
- bayleaf
- thyme sprig
- 1 beef stock cube made up with 500ml boiling water
- 50g suet - ask your butcher for the suet
- 100g self raising flour
- chopped parsley to garnish
- freshly ground black pepper
- fresh rosemary to garnish

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