

Beef and Horseradish Casserole with Caraway Dumplings



Cooking Time: 2 hrs 20 mins

Serves: 6 People

how to cook

- 1 Preheat the oven to Gas 5, 190°C, 170°C fan, 375°F.
- 2 Heat 1 tablespoon of the oil in an ovenproof casserole dish and cook the steak for 8-10 minutes in batches until browned, then remove and put to one side.
- 3 Add the remaining oil, garlic, shallots, bacon, carrots and thyme and brown over a medium heat.
- 4 Stir in the stock and wine, return the beef to the dish then bring to the boil, cover and place in the preheated oven for 1½ hours.
- 5 For the caraway dumplings: Mix together in a blender the flour, suet and caraway seeds, add in the water to form a soft dough. Divide the mixture into 8 pieces and roll into balls.
- 6 Remove the casserole from the oven; add in the mushrooms, horseradish and dumplings then cook for a further 30 minutes.
- 7 Serve immediately sprinkled with freshly chopped parsley.

what you need

- 1kg John Penny diced braising steak
- 2 tablespoons oil
- 2 garlic cloves, crushed
- 300g shallots, peeled
- 250g smoked bacon, chopped
- 3 carrots, peeled and cut into 1cm slices
- 15g fresh thyme, removed from the stem and chopped
- 2 beef stock cubes, made up with 750ml boiling water
- 350ml red wine
- 300g button mushrooms, wiped
- 3 tablespoons horseradish sauce
- Freshly ground black pepper

For the dumplings

- 200g self raising flour
- 100g suet - ask your butcher for the suet
- 1 tablespoon caraway seeds, toasted and crushed (optional)
- 100ml water
- Flat leaf parsley, roughly chopped to garnish

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