

## Beef Stew with Herb Dumplings

Serves 4

### Ingredients

1 tbsp mild olive oil  
1 large onion, roughly chopped  
600g stewing beef, trimmed of fat and cut into cubes  
2 cloves garlic, crushed  
1 tbsp plain flour  
2 sticks celery, chopped  
3 carrots, peeled and chopped into large chunks  
1 tin chopped tomatoes  
1 tbsp tomato puree  
1 tbsp Worcester sauce  
500 ml beef or vegetable stock  
1 tsp chopped fresh thyme or ½ tsp dried thyme  
1 bay leaf  
Salt and pepper

### For the Dumplings

65g cold butter, diced  
130g self-raising flour  
2 tbsp chopped fresh parsley  
50ml cold water  
salt and pepper

### Method

Oven function Bottom Heat at 160°C

MUM mixer

1. Heat the oil over a medium heat in a large oven proof lidded casserole dish. Cook the onion for a few minutes then tip in the stewing beef and turn a few times in the oil and onion. Add the garlic and flour, and then cook for a minute or two over a medium heat stirring well.
2. Add the celery, carrots, tinned tomatoes, tomato puree, Worcester sauce, stock, thyme and bay leaf. Bring to the boil and give everything a good stir. Cover and transfer to the oven and cook for 2-2½ hours or until the meat is tender.
3. While the stew is cooking make the dumplings. Place the butter in the bowl of the MUM mixer with the stirrer attached. Beat the butter for about 30 seconds on a low speed. Add the flour and season with salt and pepper. Mix on a low speed until the mixture resembles breadcrumbs. Remove the bowl from the mixer and using a blunt knife mix in the parsley and water. The dough should be soft but not sticky. Add a little more water if the mix looks dry.
4. With floured hands, form the dumplings into ping pong sized balls. If the stew looks dry add about 200ml water and stir well, before placing the dumplings on top of the stew. Put back the oven covered for 30 minutes for paler dumplings or with the lid off for a browner finish.

