

Rachel's Kitchen

Recipe of the Week

Hearty Beef Stew with Herby Dumplings

Ingredients:

300g good quality diced beef
(we get ours from fresh fields farms in Sowerby Bridge)
1 large onion
4 parsnips
1 turnip
2 sticks celery
2 packs button mushrooms
3 carrots
1 litre low salt beef stock

For the dumplings:
100g self raising flour
50g shredded suet
1 tbsp dried mixed herbs

Method:

Peel and chop the vegetables into chunks, halve and slice the onions and halve the mushrooms. Brown the beef in a hot pan in a little oil and set aside. Sweat the onions until soft in a large stew pan or casserole before adding the stock and vegetables. Add the beef to the stock and vegetables and simmer gently for a minimum of an hour. Meanwhile make the dumplings by mixing the flour with the herbs, suet and 3 tbsp cold water and shape to a slightly sticky dough, adding more water if needed. Shape into 8 dumplings and add to the stew. Place the lid on the casserole and simmer for a further 20 minutes. Serve.

- **3 of your 5 a day! Full of Iron! Uses seasonal vegetables for maximum nutrition** •

Rachel says 'This is a brilliant winter warmer, full of vitamins that will help to ward off winter colds. Your children love this stew.'

