



Aged Leicestershire Red Stew & Dumplings

A warming casserole that makes the most of a cheaper cut of beef and plentiful root vegetables. Add a few fluffy dumplings and a side of mashed potato for a comforting winter dinner.

Ingredients

- For Stew:
- 500g diced Stewing Steak
- 1 tblsp Vegetable Oil
- 1 medium onion, peeled and diced
- 2 medium carrots, peeled and sliced
- ½ medium swede, peeled and cubed
- 1 leek, chopped
- 2 medium potatoes, peeled and diced
- 550ml beef stock

- For Dumplings:
- 100g Self Raising Flour
- 50g Shredded Suet
- Cold Water to bind
- 75g of Aged Red Leicester, grated

- Oven Temp 180oC/Gas Mark 4
- Serves four as a main

Method

1. Heat the oil in a pan and cook the beef until golden brown. Transfer to a casserole dish.
2. Prepare all vegetables and add to the beef.
3. Make beef stock and add to the casserole dish.
4. Place the casserole dish in a preheated oven and cook for 1 ½ - 2 hours.
5. Meanwhile prepare the dumplings by placing the flour and suet into a mixing bowl.
6. Add in the grated Red Leicester cheese.
7. Gradually bind together using cold water. Form the mixture into 4 dumplings.
8. Add the dumplings to the casserole 30 minutes before the end of cooking time. Remove the lid of the casserole dish to allow the dumplings to brown