

## Beef and Mushroom Stew with Parsley Dumplings

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Serves 4 - low fat version

Beef stew is always more flavoursome if made a day in advance as this allows the flavours to mingle. To do this, make the beef stew and then allow to cool and refrigerate overnight. Next day, skim off any visible fat before reheating. When heated, add the parsley dumplings and cook for the required time.

### **Ingredients : -**

500g/1lb - braising or rump steak

250g/8oz - button mushrooms, quartered

3 - medium carrots, peeled and diced

1 - onion, chopped

2 - bay leaves

275ml/½ pint - beef stock

275ml/½ pint - red wine or stout

45ml/3 tbsp - plain flour

45ml/3 tbsp - polyunsaturated oil

dash of Worcester sauce

freshly ground black pepper



## **Ingredients for the Dumplings: -**

45ml/3tbsp - self raising flour

40g/1½oz - fresh breadcrumbs

30ml/2tbsp - parsley, chopped

## **Method: -**

### **Stew: -**

Cut off all visible fat from the beef, cut the beef into 2.5cm/1" cubes.

Put the oil into a pan and sauté the onion until soft - remove the onion and keep to one side.

Put the seasoned flour into a polythene bag and toss the meat in the flour, a few pieces

at a time.

Turn up the heat and brown the meat in batches. When brown, remove and set aside.

Return the onion to the pan.

Stir in the wine or stout and the stock, then return the beef back into the pan.

Add the bay leaves, diced carrots, mushrooms and a dash of Worcester sauce.

Cover and simmer for two hours or until the meat is tender.

Discard the bay leaves.

### **Dumplings: -**

Mix the dumpling ingredients together and add enough water to form a soft dough.

With floured hands shape into four even sized rounds.

Place the dumplings into the pan, cover and simmer for 15 to 20 minutes.



# Upbeat - Heart Support In West Suffolk

Charity No 1087415

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