

BEEF IN MULLED WINE with Herb Dumplings

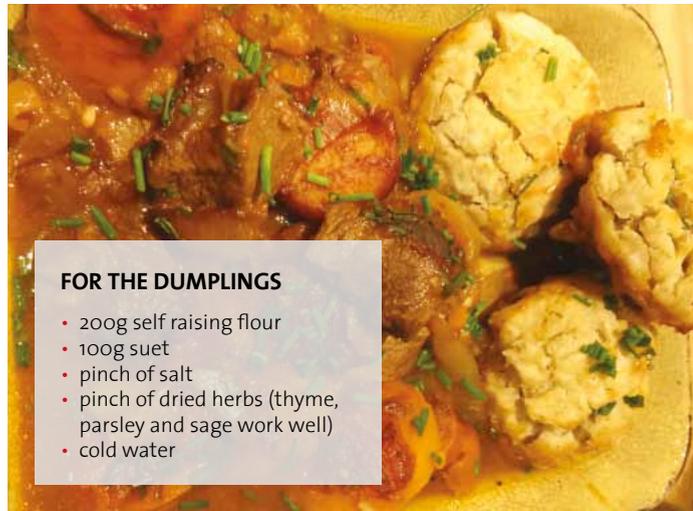
Recipe supplied by Dream Doors Bath

Serves 8

A deliciously festive dish that makes the perfect antidote to too much turkey and stuffing. It can be made ahead the day before or it can be made up to four weeks in advance and frozen to save time when you're busy with family and friends.

INGREDIENTS

- 900g (2lbs) of braising steak cut into one and a half inch chunks.
- 3 onions diced
- 3 tablespoons olive oil
- 2 tablespoon tomato paste
- 2 cloves garlic pressed or finely minced
- 1 tablespoon fresh or dried thyme
- 1-2 bay leaves
- A half bottle of mulled wine
- 1 pint of beef stock
- 4 carrots cut into chunks
- salt
- fresh ground black pepper
- chopped fresh parsley or chives for garnish



FOR THE DUMPLINGS

- 200g self raising flour
- 100g suet
- pinch of salt
- pinch of dried herbs (thyme, parsley and sage work well)
- cold water

METHOD

1. Preheat oven to 170°C
2. Heat the olive oil in a large frying pan and fry the onions over a medium heat until golden brown and transfer using slotted spoon into a casserole dish.
3. Using the same pan fry the braising steak in batches until brown and using a slotted spoon add to the casserole dish.
4. In the frying pan gently fry the garlic for about two minutes and then stir in the tomato puree, beef stock and mulled wine and gently heat through.
5. Add herbs and bay leaves and bring to a simmer, about three minutes.
6. Pour the contents of the frying pan into the casserole dish and add the carrots and season with salt and black pepper.
7. Transfer to oven and cook uncovered for 1 hour and 45 minutes. Remove from oven and stir and then cover and cook for another 90 minutes.
8. While stew is cooking, prepare dumplings as suggested and add to the stew 20-25 minutes before the end of cooking.
9. When the stew is done check the seasoning and garnish with herbs. Serve with mashed potato or bread and vegetables of your choice.

For the Dumplings

1. Mix the flour, suet and salt with the water. It should not be sticky but soft and pliable. If too dry add a little more water: if too sticky add a little more flour.
2. Using floured hands divide dough into 12 pieces and shape into balls.
3. Place on the top of stew where the liquid is already simmering. Cover and cook gently for about 20 - 25 minutes.

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