



# Beef stew with herb dumplings

## For the stew

- 2 tbsp oil
- 1 kg beef knuckle or beef stew
- 2 onion – sliced
- 2 garlic – cloves, crushed
- 1 tbsp flour – cake
- 3 tbsp Worcestershire sauce
- 750 ml stock – beef
- 1 tbsp chakalaka
- 2 carrots – peeled and cut into chunks
- 2 potatoes – peeled and cut into chunks
- Salt freshly ground black pepper

## For the herb dumplings

- 240 g all purpose or cake flour
- 1 tsp Robertson's baking powder
- 2 tbsp chopped parsley
- 2 tsp Worcestershire sauce
- 1/2 cup medium-fat evaporated milk
- 1/2 cup sunflower or vegetable oil

## INSTRUCTIONS

1. Preheat the oven to 180C.
2. Heat the oil in an ovenproof casserole and brown the meat for 2-3 minutes per side. Set aside.
3. Return the casserole to the stove and fry the onions and garlic over a low heat for 5 minutes.
4. Add the cake flour and stir for 1 minute.
5. Return the meat to the casserole with the Worcestershire Sauce, beef stock and chakalaka.
6. Cover and cook in the oven for 1 hour.
7. Add the remaining ingredients and cook for a further 45 minutes, or until the meat is tender.

## For dumplings:

1. Combine all of the ingredients in bowl and stir until combined.
2. Remove the stew from the oven, and add the dumpling mixture in dollops of about 1 table-spoon
3. Each to the surface of the stew.
4. Return the stew and dumplings to the oven for about 20 minutes or until dumplings are cooked.