

Beef in Guinness with Rosemary Dumplings

(Serves 6)

Ingredients

- 100g self-raising flour
- 500g pack Diced Braising Steak
- 3 tbsp plain flour
- 1 tbsp groundnut oil
- ½kg Mix Vegetables, e.g. carrots/ celeriac
- 250ml Guinness
- 2 tbsp tomato puree
- 2 tbsp dark brown soft sugar
- 2 tsp Wild Rosemary
- 50g Atona Light Suet
- 350ml Beef Stock

Method

1. Preheat the oven to 150°C, gas mark 2. Open the pack of beef and remove the paper from the base. Add 2 tablespoons of the flour to the pack, season, then toss the beef cubes in the flour to coat well.

2. Heat the oil in a deep flameproof casserole dish. Add the floured beef and brown all over for 2-3 minutes. Remove from the pan.

3. Add the remaining flour to the pan and cook for 1 minute, stirring. Add the frozen vegetables, Guinness, tomato purée, sugar, 1 teaspoon of the rosemary and 350ml of beef stock. Stir until it boils then return the meat to the pan. Cover and place in the oven for 1½-2 hours, or until the beef is tender.

4. While the beef is cooking, prepare the dumplings. Sieve the flour into a bowl, stir in the suet, the remaining rosemary, seasoning and 4-5 tablespoons of cold water. Mix together with a round-bladed knife until the dough comes together. Shape the dough into 8 dumplings, put back in the bowl and cover until ready to cook.

5. Remove the casserole from the oven and add the dumplings, pushing them just under the surface of the sauce. Cook for a further 25-30 minutes until the dumplings are cooked through. Serve the casserole with mashed potato and prepared fresh vegetables such as a pea, leek and spinach medley.