

Lamb stew with rosemary dumplings

(Serves 4)

Ingredients

For the stew

- 750g/1lb 10½oz lamb neck fillet, cut into 2.5cm/1in cubes
- salt and freshly ground black pepper
- 25g/1oz plain flour
- 1 tbsp olive oil
- 50g/2oz butter
- 12 baby onions, peeled
- 2 carrots, chopped
- 1 swede, chopped
- 50ml/2fl oz white wine
- 1¼litre/2 pints 4oz lamb stock

- 4 bay leaves
- 2 sprigs rosemary
- 3 tbsp chopped fresh flatleaf parsley

For the dumplings

- 125g/5oz plain flour, plus extra for dusting
- 65g/2¼oz suet
- ½ tsp baking powder
- pinch salt
- 1 tbsp finely chopped fresh rosemary
- 3-5 tbsp cold water
- 500ml/½litre lamb stock

Method

1. Preheat the oven to 120C/250F/Gas ½.
2. For the stew, season the lamb with salt and freshly ground black pepper and dust with the flour.
3. Heat the olive oil with the butter in a heavy-based casserole dish, add the lamb and fry for 2-3 minutes on each side, or until golden-brown all over. Transfer the lamb onto a plate and set aside.
4. Lower the heat and add the onions, carrots and swede to the pan and fry for 6-7 minutes, or until they begin to caramelize.
5. Pour in the wine and cook until the liquid has reduced by half, then add the lamb pieces and the lamb stock. Bring to a simmer, then add the bay leaves and rosemary and cover with a lid.
6. Place into the oven to cook for one hour, or until the lamb is soft and tender.
7. For the dumplings, mix together the flour, suet, baking powder and a pinch of salt in a bowl. Stir in the rosemary, then mix in enough water to form a sticky dough.
8. With floured hands, break pieces off of the dough and roll into 12 little balls. Transfer the dumplings onto a plate and place into the fridge to chill for 10-15 minutes.
9. Pour the lamb stock into a pan and bring to a simmer, then add the dumplings
1. and cook for 6-8 minutes, or until cooked through. Using a slotted spoon, transfer the dumplings onto a warm dish and discard the cooking stock.
10. To serve, stir the dumplings and parsley into the lamb casserole, then spoon into shallow serving bowls.