

# Hearty Beef Casserole with Fluffy Dumplings

I combined my favourite parts from my mum and grandma's many beef casserole recipes as well as other suggestions online. I have even included the purple carrots that I picked up randomly from Sainsburys. These, however, are optional! This recipe is ideal to make to freeze half for another cold and miserable day because it serves 8. It is also a great excuse to ask some friends for dinner.

**Serves: 8**      **Preparation Time: 45 mins**      **Cooking Time: 2 hours 30 mins**

## Ingredients

1.3kg braising steak  
500g lambs liver  
2 small onions - chopped  
1½ mild onions – chopped  
2 garlic cloves – finely chopped  
4 celery stalks - chopped  
5 purple carrots - chopped  
3-4 orange carrots - chopped  
3-4 parsnips (medium not mammoth) - chopped  
Flour, salt, pepper, thyme  
850 ml beef stock bouillion + 1 extra stock cube  
2 tbsp tomato puree  
Mixed herbs to taste  
1 tsp mustard powder  
½ tsp ground cumin

### For the Dumplings:

250g plain flour  
120g suet (eg Atora)  
2 tsp baking powder  
pinch of salt  
1 tbsp. freeze dried mixed herbs or 2 tbsp. of chopped fresh parsley,  
oregano, marjoram  
1 tsp dried mustard powder

## Directions

Preheat the oven to 160/140 fan

1. Cut steak into largish pieces 4-5cm – removing any tough sinew. Roll in a mix of flour, s&p and thyme.
2. Flash brown the liver cut into bite size pieces in veg oil and set aside.
3. Brown the steak in batches in the casserole dish. Set aside
4. Soften and brown the onions first in the dish followed by the carrots, celery & parsnips and garlic.
5. Add the meat and the liver with beef stock bouillon , tomato puree over heat with sprinkle of mixed herbs
6. Mix extra cube with mustard powder, cumin and touch of water in a paste and mix in.
7. Once boiling put lid on and into oven for 2 hours turning occasionally.
8. Make up the dumplings and add to casserole for 20 mins before serving.

*Fresh Basil ...*

<http://freshbasil.weebly.com/recipes>