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PROFESSIONAL

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BUSINESS

PRESTON WALKER | ELDERLY CARE | 10 SERVINGS

## BEEF CASSEROLE WITH DUMPLINGS

### INGREDIENTS

#### FOR THE BEEF CASSEROLE

700g Braising Beef, diced  
200g Onion, finely diced  
125g Carrot, diced  
125g Swede, diced  
75g Celery, diced  
50g Pearl barley  
30g Plain flour  
20g Tomato puree  
200ml Red wine  
500ml Water  
14g Knorr Professional Beef Paste Bouillon  
5g Dried thyme  
20g Vegetable oil

#### FOR THE DUMPLINGS

100g Self raising flour  
50g Suet  
2g Dried thyme  
Salt and pepper  
50g Water

### METHOD

#### FOR THE BEEF CASSEROLE:

- Dust the beef in the plain flour and fry until the meat is brown and sealed heavily.
- Add the onion, carrot, swede, celery, dried thyme, and pearl barley then cook for 2 minutes.
- Add the tomato puree and continue to cook for 2 minutes then add the wine and reduce by half.
- Make up the KNORR Professional Beef Paste Bouillon by bringing the water to a light simmer then whisk in the paste. Add the bouillon to the casserole and cook for a few minutes.
- Transfer the casserole into an oven proof dishes that you can use for serving. Cover with foil and cook in the oven at 160°C for 1.5 hours or until the meat is tender.

#### FOR THE DUMPLINGS:

- For the dumplings, combine all the ingredients in a bowl to form a soft dough. Roll the dough into 10 equal sized balls.
- Place the dumplings on top of the stew when the meat is tender then return to the oven leaving it covered for the first 10 minutes then uncovered for the final 10 minutes.

#### TO SERVE:

- Plate a portion of the stew and dumplings with some herby boiled potatoes, broccoli and a carrot & butternut squash puree.

*Chef tips*

To make the recipe gluten free, remove the flour from the sealing process and use KNORR Professional Gravy Granules to thicken the casserole.