

Steak and mushroom stew with dumplings mash

Mums: Main Meals

Preparation Time: 15 Minutes Cooking Time: 1 hour and 30 Minutes – 2 hours Serves: 3 – 4 adult servings

What you need

- 2 red onions, sliced top to bottom into chunks
 - 3 tbsp olive oil
 - 800g / 2lb sirloin steak, fat removed and cut into chunks, then dipped in a little plain flour
 - a slosh of red wine
 - 4 field or Portabella mushrooms, cut into 1cm slices
 - 8 carrots, peeled and roughly sliced
 - 400g / 1lb boiling potatoes, peeled and cut into 3cm chunks
 - 2 bay leaves
 - Salt and freshly ground black pepper to taste
 - Mushroom ketchup and / or Worcestershire sauce
- Dumplings:**
- 100g / 4oz suet or vegetarian suet if preferred
 - 200g / 8oz self raising flour
 - ½ tsp salt

What to do

- In a large pot, cook the onions and olive oil until soft.
- Add the floured steak and cook until sealed, then cook for a further 5 – 10 minutes.
- Add the mushrooms, carrots and potatoes.
- Cover well with water, add the bay leaves and bring to the boil. Cook for 55 – 60 minutes, or until the juices are thick and soupy and the meat and vegetables are soft.
- Add extra water if necessary. (Stews can be cooked for up to 3 hours if you wish in order to really thicken up the stock, and so long as the meat is good – hence, sirloin – they only get better.)
- Season with salt and pepper and sauces, then make up the dumplings by mixing the suet, flour, and salt and adding enough tepid water to form a loose dough.
- Roll into 8 equal sized balls.
- Place the dumplings on top of the stew, cover with a lid, and cook for a further 20 minutes. Eat and enjoy.