

Beef Casserole and Dumplings

Ingredients

- 800 g lean casserole steak (I use topside)
- 1 large onion
- 3 carrots
- 1 medium parsnip
- 1 tablespoon flour
- salt and pepper
- 1 tablespoon oil
- 2 cups beef stock or 2 cups beef stock cube, prepared with water
- 2 teaspoons vinegar

Dumplings

- 1 cup flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 2 tablespoons butter
- 1 tablespoon chopped parsley or 1 teaspoon dried parsley
- milk, to mix

Directions

1. Preheat oven to 180° C.
2. Cut steak into 2 1/2 cm cubes.
3. Peel and slice onion, carrots and parsnip.
4. Mix flour, salt and pepper and toss beef in this.
5. Heat oil in frying pan, add beef and brown lightly.
6. Add onion and any remaining flour, stir 2 minutes.
7. Add carrots, parsnip, stock and vinegar.
8. Stir until boiling, then transfer to a casserole dish.
9. Cover and bake for 1-1 1/2 hours.
10. Increase oven heat to 200°C to ensure casserole is boiling.
11. Sift flour, baking powder and salt.
12. Rub in butter, add parsley and mix in enough milk to make a soft dough.
13. Divide into 8 pieces and form into balls.
14. Drop into the bubbling casserole, cover and reduce heat to 180degC again.
15. Cook for 20-25 minutes without lifting the lid.