



## **BEEF STEWED WITH BEER, PARSNIPS & BLUE CHEESE DUMPLINGS**

### **MISE EN PLACE**

- Bring your beef to room temperature (remove from the fridge an hour before the class)
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### **BEEF STEWED WITH BEER, PARSNIPS & BLUE CHEESE DUMPLINGS** *(serves 6)*

Recipe by Kathryn Joel

*1 kg beef chuck, brisket or other stewing cut, cut into 5 cm pieces, at room temperature*

*100 g pancetta or bacon, cubed*

*2 to 3 parsnips, peeled cored and diced into 1" pieces*

*Grapeseed or canola (neutral high smoke point) oil*

*1 large onion, diced*

*6 cloves garlic*

*400ml dark beer (stout), such as Guinness*

*1 – 2 litres beef or veal stock, to cover, recipe follows*

*2 tbsp fresh thyme, leaves picked and chopped*

*1 /2 bunch parsley, chopped*

*ground mace to taste*

*brown sugar, to taste (1-2 tbsp)*

*2 bay leaves*

*Kosher or sea salt and freshly ground black pepper, to taste*

*To serve: Buttered Savoy Cabbage (recipe follows) or vegetable of choice*

- Season the beef with salt and pepper.
- Heat a dutch oven to a high temperature, adding grapeseed or canola oil.
- Brown the beef in batches so it isn't overcrowded in the pan, caramelizing on all sides.

- Remove the beef and set aside.
- Now turn the heat down, and brown the pancetta, rendering off the fat. Remove from the pan and set aside.
- Add the onion to the pan, seasoning with salt, and cook until golden and softened.
- Turn up the heat and deglaze with the beer, reducing briefly before returning the beef and pancetta to the pan, together with the thyme, parsley and bay leaves.
- Add enough stock to only just cover, and season with salt, pepper, sugar and mace.
- Braise the beef for 1 1/2 hours, covered and at a simmer, before adding the parsnips. Cook for 30 minutes then add the dumplings spacing them out and lying them on top of the stew, making sure they don't sink.
- Cook covered at a simmer for another 20-30 minutes, without boiling, to keep the dumplings light.

#### Stilton & Walnut Dumplings

*250g (2 cups) all-purpose flour, we use unbleached organic*

*3 tsp baking powder*

*125g(1 ¼ cups) beef suet\*, shredded*

*½ tsp salt*

*120g Stilton cheese, crumbled, or choose another blue cheese (or omit the cheese if you prefer)*

*50g (scant ½ cup) lightly toasted and finely chopped walnuts*

*1/2 bunch parsley, leaves chopped*

*Cold water, as needed*

*\*NOTE: If you can't find suet the best substitute is Crisco, frozen then grated. But for best results use suet.*

- Make the dumplings just before adding them to the stew.
- In a bowl, combine the flour, suet, parsley and salt to taste.
- Gently mix in the stilton and walnuts, then drizzle in cold water, using your finger tips to work the mixture into a dough.
- Form the dough into walnut sized balls before adding them to the stew.

#### Buttered Savoy Cabbage

*Savoy Cabbage, cored and thinly sliced*

*Butter*

*Hot water*

*Salt*

- In a sauté pan, melt some butter then add the cabbage, seasoning with salt.
- Sauté the cabbage over a medium high heat, searing the cabbage nicely.

- Add a splash of hot water to add some steam then cover to cook for just a few minutes, stirring occasionally, until tender but not overcooked.

## **EQUIPMENT**

Cutting board and knives

Large pot or dutch oven for stewing, with a lid

Parchment paper

Bowls

Measuring cups and spoons

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## **BONUS RECIPES**

NOTE: The following recipes are a complimentary option for you to consider making, but will not be taught during your class.

### **VEAL / BEEF STOCK**

Recipe by Kathryn Joel

*Meaty veal or beef bones (enough to fill your largest stock pot)*

*2 carrots, peeled and chopped into large chunks*

*2 sticks celery, peeled and chopped into large chunks*

*1 large onion, halved*

*handful of parsley stalks*

*2-3 sprigs of thyme*

*2 bay leaves*

*8-10 black peppercorns*

- Preheat your oven to 400°F.
- Place the beef bones, carrots, celery and onion on oiled baking trays, then roast for up to an hour, until well browned, turning occasionally. If the vegetables are browned before the bones, remove them from the roasting trays and set them aside in your stock pot.
- When all of the bones and vegetables are nicely browned, transfer them to your stock pot along with the thyme, bay leaves and black peppercorns and cover with cold water by at least 2".
- Bring to the boil, then turn down to a gentle simmer. Never allow your stock to boil.
- Skim off scum from the top of the stock but don't stir.
- Simmer very gently for 8-10 hours, then strain and refrigerate.
- The next day lift the congealed fat off the surface of the stock.