

Winter warmer dumpling stew

4 people

700g beef dice (works well with 800g large diced butternut squash)
Season with salt and fry in a hot pan.

2 onions roughly diced
6 cloves garlic peeled and smashed
200g diced turnip (carrots also work well)
100ml beef stock (veg if using butternut squash)
Have a jug of water to top up if necessary
2 cinnamon sticks
1 glass of red wine
1tsp brown sugar
50g butter

Boxty Dumpling

400g plain mash
100g flour
100g grated raw potato
1 egg
5G salt

In a pot melt your butter add your garlic, onions and cinnamon and 3 or 4 good pinches of salt.

Then add your beef (that was already pan fried until golden)
Pour the red wine and beef stock

Cool for 2hours
Then add your turnip

Cool another 1 hour. Check that your beef is tender add a pinch of salt if needed too.

***nice too here is taste how much flavour your liquid has sometime I lack to add a spoon of marmite to give it an extra punch

Once your meat is tender mix your dumpling ingredients together roll the boxty in to round balls using a little extra flour and poach in the beautiful winters warm stew

Once the dumpling float they are ready to serve