



DUCHY ORIGINALS



Beef Stew with Duchy Originals Ale and Horseradish Dumplings

Here is a rich, extremely more-ish stew to warm your heart on a cold winter's day. It is a thoroughly British alternative to the classic Boeuf Bourguignon and the horseradish dumplings certainly pack quite a punch - especially with Duchy Originals Ale!

Serves 4-6

Ingredients

The Stew

16 small shallots, peeled
Olive oil
800g (1lb 10oz) diced beef
25g (1oz) butter
200g (7oz) chestnut mushrooms, sliced
150g (5.5oz) fresh tomatoes, chopped
400ml (14fl oz) Duchy Originals ale
3 bay leaves
1 teaspoon chopped fresh thyme

The Dumplings

120g (4.5oz) shredded suet
250g (9oz) plain flour
 $\frac{1}{2}$ teaspoon salt
1.5 teaspoons baking powder
40g (1.5oz) finely grated horseradish - to avoid an emotional experience, grate if wearing a swimming mask or under an extractor hood!
1 teaspoon mustard powder

Method

To make the stew, begin by gently frying the whole shallots in a little olive oil in a large pan until browned. Remove them from the pan and reserve.

Splash a little more olive oil into the pan and turn the heat right up. Hard fry the beef in small batches until browned and reserve. Place the butter in the pan, without an intervening wash, and fry off the mushrooms. Then add the tomatoes and ale and reintroduce the beef and shallots. Add the bay leaves and thyme and simmer for 2 hours, stirring occasionally. You may need to top up with a little water.

To make the dumplings, first rub the suet into the flour, salt and baking powder in a large bowl. Add the horseradish and mustard powder, and gradually mix in water until you have a firmish dough. Separate the dough into 12 walnut-sized dumplings.

To finish off the stew, preheat the oven to 180 C/350 F/gas mark 4. Pour the hot stew into a casserole dish, making sure there is enough liquid in it. If you are uncertain, add a little water.

Stud the dumplings into the stew, leaving a space between them to give them room to rise. Cover the casserole dish with its lid or tin foil, and bake for 30 minutes. Then take off the lid, turn up the heat to 220 C/425 F/gas mark 7, and cook for another 10 minutes to brown the dumplings.

Eat immediately with lots of beer.

Recipe taken from the Duchy Originals Cookbook written by Johnny Acton and Nick Sandler (Kyle Cathie £25) with photography by Jonathan Gregson