

# RECIPE

## Mince & Dumplings



**NOURISH**  
FOOD SCHOOL

# RECIPE

## Mince & Dumplings

**SERVES**  
6 servings

**LEVEL**  
Quite Easy

**TIME**  
60 minutes

### INGREDIENTS

#### FOR THE MINCE:

2 brown onions, finely diced	1 tablespoon tomato puree
1 carrot, finely diced	1 stock cube
2 sticks celery, finely diced	2 tablespoons gravy granules
2 cloves of garlic, finely chopped	30g fresh herbs, finely chopped
400g veg, thinly sliced (e.g. courgette, peppers)	
600g good quality beef mince	

#### FOR THE DUMPLINGS:

250g self-raising flour	1 teaspoon salt
125g suet (vegetable or beef)	2 tablespoons dried herbs

### HOW TO MAKE IT

1. Prepare the onion, carrot, celery, garlic and vegetables to the stage described in the list.
2. In a large saucepan, gently fry the onion, carrot and celery on a low heat with a tablespoon of oil until soft and golden - about 10 minutes.
3. Add the beef mince and cook until browned.
4. Stir in the tomato puree, garlic and other vegetables then cook for 5 more minutes.
5. Add the stock cube and 500ml of water, bring to the boil then stir in the gravy granules. Reduce the heat a little, cover and simmer for 20 minutes.
6. Pre-heat your oven to 180C.
7. *Meanwhile*, make your dumplings. Mix the flour, salt, suet and herbs together in a bowl. Add enough water to stir into a sticky ball of dough - you'll need about 200ml. Leave to rest for 5 minutes.
8. *Back to the mince*: Once the liquid has reduced and the vegetables are cooked stir in the chopped fresh herbs then transfer to an oven proof dish (or keep the pan if it's oven-safe)
9. Pull off a small amount of dumpling mixture and roll into a ball that is a little smaller than a golf ball. Gently place the dumpling balls on top of the mince without pushing them down too much.
10. Cover with foil and bake for 25 minutes until the dumplings have puffed up.
11. Take off the foil and bake for a further 10-15 minutes to get the dumplings looking golden.

**Serve with warm crusty bread!**