



CLONAKILTY

TRADITIONAL BEEF AND STOUT STEW WITH HERB YOGURT DUMPLINGS





Traditional Beef and Stout Stew with Herb Yogurt Dumplings

Recipe by Chef Kevin Dundon

Ingredients

• For the Stew

- 1kg beef rib roast or cheeks, diced
- 2 onions, diced
- 2 carrots, diced
- 3 cloves garlic, chopped
- 200g chestnut Mushrooms, quartered - optional
- 2 tbsp tomato puree
- 1 tbsp mustard seeds
- 2 tsp Worcestershire sauce, optional
- 500ml Guinness
- 1 sprig rosemary
- Salt and pepper

• For the Herb Dumplings

- 200g self raising flour
- Salt and pepper
- ½ onion, Very finely diced
- 2 tbsp parsley, chopped
- 1 tbsp chives, chopped
- 200ml Irish Yogurts Clonakilty Kefir Natural

Directions

• For the Stew

- In a large sauté pan or casserole, preheat over high heat. Add the pieces of beef, in batches, and sear quickly until coloured or sealed all over. Remove each batches caramelised into the slow cooker bowl. Seasoning each batches with salt and pepper
- Add the vegetables in the sauté pan too if desired and sauté for 2 minutes, still over high heat colouring the vegetables. Add the Guinness and bring to boil to lift any caramelisation from the pan
- Remove from the heat. Transfer in the slow cooker bowl with the meat. Then, pour in the



Worcestershire sauce. Stir in the tomato puree, mustard seeds, and herbs like rosemary. Season well and combine the flavours

- Cover with the slow cooker bowl, and cook over low for 8 hours or on high for 5 hours until the meat and vegetables are tender and the sauce has a light consistency. Don't worry if it is a little liquidy, the dumplings will absorb it once added in
- Once the beef is cooked, prepare the dumpling
- **For the Herb Dumplings**
- Combine the self-rising flour, salt and pepper, finely diced onion and fresh parsley and chives together. Mix well. Gently stir in enough yogurt to create a dough a little softer than a scone mixture
- Using a spoon, create portions of dumplings spooning them if made in advance on a tray lined with parchment paper. Keep them covered in the fridge until needed
- About 1 hour before serving the stew or the stew is ready, drop in the dumplings over the mixture. Place the lid back on the slow cooker bowl and let them to cook for about 50-60 minutes
- Once plump and cooked, serve warm or enjoy within a few days. Remember a stew taste even better on the next day