

BEEF STEW WITH DUMPLINGS



SAVEUR PRODUCT USED

ROAST RUB, ONION GARLIC RUB,
CALIFORNIA ONION MIX

MAKE, TAKE & FREEZE

— with —
SAVEUR

FREEZER WORKSHOP INGREDIENTS

- 2 tbsp. almond flour/meal**
- 2 lb. (1kg) beef shin (gravy beef),
trimmed cut into 1" cubes**
- 1 tbsp. *Saveur* Onion Garlic Rub**
- 2 brown/yellow onions, peeled and
diced roughly (2 cups)**
- 2 carrots, peeled, diced (1.5 cups)**
- 7 oz. (200g) button mushrooms,
cut in half**
- 1 tbsp. *Saveur* Roast Rub**

PREPARATION INGREDIENTS

For the beef stew:

- 1 tbsp. ghee**
- ½ cup red wine**
- 3 cups beef stock**
- 14 oz. (400g) can diced tomatoes**

For the dumplings:

- 1 cup gluten free self-rising flour**
- 2 tbsp. butter**
- 1 tbsp. *Saveur* California Onion Mix**
- ½ cup buttermilk**

METHOD

Bag 1 – Place almond flour/meal and Onion Garlic Rub onto a plate. Toss beef in flour mixture, shake off excess. Place in zip-top bag. Ensure all air is out of bag to prevent freezer burn.

Bag 2 – Place all vegetables and Roast Rub into zip-top bag. Ensure all air is out of bag to prevent freezer burn.

Place all bags into large zip top bag, date, label and freeze until ready to use.

COOKING INSTRUCTIONS

Thaw in fridge overnight, following safe thaw instructions.

Stovetop Instructions Heat half the ghee in a heavy-base saucepan over medium heat. Cook beef in batches for 3 minutes or until browned. Transfer to a bowl.

Heat remaining ghee in pan. Add vegetables, cook for 2 minutes. Return beef to pan. Stir in wine, stock and tomato. Cover and bring to boil. Reduce heat to low. Simmer for 1 hour and 45 minutes. Simmer uncovered for 45 minutes. For more crunch, add vegetables during this step.

Place flour in bowl, rub in butter until mixture resembles fine bread crumbs. Make a well in the center. Add 1 tbsp. California Onion Mix and buttermilk. Stir until just combined. Place heaped tablespoons of mixture 1" (2cm) apart on the beef and vegetables. Cook uncovered for last 15 minutes or until dumplings are puffed and cooked through.

Dumplings can also be baked separately and added to the top of the stew when ready to serve.

Slow Cooker Instructions Brown meat and add all other ingredients. Cook for 6-8 hours on low or 3-4 hours on high. Place heaped tablespoons of mixture 1" (2cm) apart on the beef and vegetables. Cook the dumplings for 20-25 more minutes, or until done.

Instapot Instructions Brown meat and add all other ingredients. Cook for 20-30 minutes. Place heaped tablespoons of mixture 1" (2cm) apart on the beef and vegetables. Cook the dumplings for 5-10 more minutes, or until done.

