

Lamb Stew with dumplings

Serves 4 - total time 1 hour 45 mins

Ingredients

1 tbsp vegetable oil
500g cubed stewing lamb
1 onion, thickly sliced
2 carrots, thickly sliced
1 leek, thickly sliced
100g chestnut mushrooms, quartered
400ml hot vegetable stock
1 tsp dried rosemary or 1 fresh sprig
400g cannellini beans, rinsed and drained
crusty bread or boiled potatoes to serve
50g Atora suet
100g self-raising flour

Method

1hr 45 before serving

Heat oil in a large casserole. Add the lamb and cook for 5 mins until any liquid has disappeared. Meanwhile chop onions, carrots, leek and chestnut mushrooms. Add all of these to the casserole and cook for 5 minutes more, stirring often until the vegetables are beginning to soften. Meanwhile boil a kettle of water and prepare the vegetable stock.

1hr 35 mins before serving

Pour the vegetable stock into the casserole, add the rosemary, cover with a lid and cook on a low heat for 1 hour.

35 mins before serving

Stir in the beans and cook for 30 mins more, topping up with water if necessary, until the lamb is tender and cooked through. Mix self-raising flour and Atora suet, a pinch of salt and a pinch of rosemary and around 5 tbsps cold water to make a firm but pliable dumpling dough. Shape dough into four balls and place dumplings in casserole.

20 mins before serving

Bring a pan of water to a boil, add salt, add potatoes, and cook potatoes for 12 minutes.