



# Make stew and dumplings

This hearty dish is a perfect winter warmer.

## What you need

- 1 onion
- 2 carrots
- 1 parsnip
- 1 **celery** stick
- 1 small swede
- 1tbsp olive oil
- 175g pearl **barley**
- 1 litre vegetable stock
- Handful of herbs (thyme and rosemary)
- 150g self-raising **flour**
- 75g vegetable **suet**
- 1tsp salt
- Water
- Chopping board
- Knife
- Casserole dish
- Wooden spoon
- Large bowl

## Instructions

- 1** Chop up the vegetables into small chunks (about 2cm). You may need to ask a grown-up for help.
- 2** Heat the olive oil in the casserole dish and brown the onions for a few minutes. Pop in the rest of the vegetables and the pearl barley. Stir for a minute or two before adding your herbs and stock. Then cover the pan with a lid. Leave to simmer on a low heat for 45 minutes.
- 3** Meanwhile, make your dumplings. Combine self-raising flour, suet and salt in a bowl. Slowly add water until your mixture forms a dough.
- 4** Using your hands, mix it all together. Divide the dough into 10 balls and pop them on top of your stew 20 minutes before the end.
- 5** You're done when the vegetables and pearl barley have softened and your dumplings have expanded.



This stew has a lot of vegetables.

## TOP TIP!

This recipe is vegetarian, but if you want to add stewing beef to your dish, cook on low for a further two hours.

## How does it work?

To make the perfect, fluffy dumplings, you need suet. Traditionally, suet is made from the fat that surrounds the kidneys of animals, such as cows or sheep. However, you can also get vegetarian suet, which is made out of vegetable oils. As the suet melts, it traps air bubbles from the self-raising flour, causing the dumplings to puff up. For a fat, suet has quite a high melting point, which means it stays solid longer and melts later in the cooking process, making light and fluffy dumplings. Try not to overwork the dough, because warmth from your hands can melt the fat.

**Allergy warning!** Ingredients in **bold** are allergens (substances that cause allergic reactions). Learn more at [tinyurl.com/SN-allergy](https://tinyurl.com/SN-allergy)

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