



SLOW BRAISED BEEF & HORSERADISH DUMPLINGS

FOR THE SLOW BRAISED BEEF

4 x 250-300g braising beef steaks (feather blade, brisket or chuck)
200g lardons
50ml oil
100g Guernsey butter
3-4 banana shallots or 1 large onion, diced
2 sticks celery, diced
2 medium carrots, peeled and diced

4 cloves of garlic, crushed
500ml red wine or ale
500ml beef stock
2 tbsp dark brown sugar
3 tbsp tomato purée
1 tbsp English mustard
3-4 sprigs fresh thyme or 1 tsp dried thyme
2 tbsp marjoram
2 bay leaves

FOR THE DUMPLINGS

150g self-raising flour
75g shredded beef suet
1 tsp salt
50g grated fresh horseradish (optional)
1 tbsp horseradish sauce
1 tbsp chopped parsley

METHOD

SLOW BRAISED BEEF

1. Place the beef and prepared vegetables, herbs, garlic and bacon into a dish, pour over the wine and marinade overnight.
2. Preheat oven to 150°C/300°F/gas 2.
3. Strain off the wine and set aside. Heat the oil and butter in a large frying pan until the butter is foaming but not burnt. Carefully place in the steaks and brown on all sides, remove to a casserole dish.
4. Add the chopped vegetables, herbs and bacon from the marinade to the frying pan and cook until nicely coloured. Add to the meat.
5. Leaving the pan on the heat, add the wine from the marinade and bring to a simmer. Deglaze the pan by scraping all the residue from the bottom.
6. Add the tomato purée, mustard, sugar and beef stock. When boiling, transfer to the casserole with the beef.

7. Cover the casserole with a lid or foil and place in the middle of the oven.

8. Cook for 2 hours and allow to rest for about an hour with the lid or foil on.

THE DUMPLINGS

1. Place all ingredients in a bowl and mix. Add just enough cold water to bring together to a soft but not too sticky dough. Avoid kneading the dough.
2. Divide into small, approximately golf ball size pieces, lightly cover with clingfilm and set aside.
3. Remove the lid of the cooked casserole and sit the dumplings on top of the meat. Place back into the oven without the lid until the dumplings have almost doubled in size.
4. Serve with roasted caramelised root vegetables and mash potato (add some Blue Shropshire cheese for an extra twist).



PREP: 30-45m
COOK + REST:
3h15m



SERVES 4



FREEZABLE



Prepared by
Gary Benton
Peninsula Hotel