



Beef in Pale Ale with Thyme Dumplings



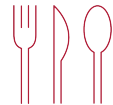
DIFFICULTY: MEDIUM



PREPARATION TIME: 30
MINUTES



COOKING TIME: 3 HOURS



SERVES: 14 DUMPLINGS

Ingredients

1kg chuck steak, cut into 2 to 3cm dice
¼ cup seasoned flour for coating
2 tbsps olive oil
2 onions, sliced
3 cloves garlic, finely chopped
120g streaky bacon, sliced
375ml pale ale
1 cup beef stock

Dumplings

1 ½ cups SR flour
1 tspn dried thyme leaves
Salt & pepper
2 tbsps butter, softened
200ml buttermilk

Method

Coat the diced steak in the seasoned flour. Heat a large frying pan over a high heat, Induction level 8.

Add the oil to the pan then add the steak & cook, stirring well to brown the meat well on all sides. Remove the meat, then add the onions, garlic & bacon to the pan. Cook, stirring constantly until golden.

Return the meat to the pan and stir in the remaining ingredients, mix well.

Preheat oven on CircoTherm to 160°C and place the wire rack on shelf position 2.

Transfer the meat mixture to an ovenproof dish, approximately 28cm by 22cm or 4 litre capacity. Cover tightly with foil and cook for 2 to 2 ½ hours or until meat is tender.

When the meat is cooked, remove the foil. Remove the thyme stems. Increase the oven temperature to 200°C.

To make the dumplings, combine the flour and thyme leaves in a bowl and season well with salt and pepper.

Rub the butter into the flour then stir in the buttermilk to form a soft dough.

Using wetted hands, form 14 dumplings and place onto the meat mixture.

Cook for a further 20 to 25 minutes or until the dumplings are cooked and golden.

2 tbsps tomato paste

1 tbsp grain mustard

1 tbsp brown sugar

Salt & pepper

1 bunch thyme

Notes
