

Vegetable Stew with Herby Cheese Dumplings

Ingredients for the Stew

1 onion
1 carrot
1 parsnip
1 leek
1 small swede or sweet potato
1 tsp marmite or 1 veg. stock cube
250 ml water
 $\frac{1}{2}$ tin baked beans
cooking oil

1. Peel and dice vegetables.
2. Heat oil in casserole and fry veg until soft.
3. Dissolve stock cube or marmite in water.
4. Stir into vegetables with baked beans.
5. Bring to boil and simmer.

Ingredients for Dumplings

100g SR flour
50g suet or margarine
75g cheese
mixed herbs

1. While the stew is simmering put flour and suet or marg. into a mixing bowl.
2. With fingertips rub fat into flour until it looks like breadcrumbs.
3. Add pinch of herbs.
4. Add just enough cold water to make a soft dough.
5. Turn onto floured surface and cut into six equal pieces.
6. Cut cheese into six pieces and place one inside each piece of dough.



When the vegetables are nearly cooked add the dumplings to the stew and replace the lid. Cook until they have risen and are fluffy.