



## JERNEJ KITCHEN

# BRAISED BEEF STEW WITH FLUFFY DUMPLINGS

*This isn't just any stew, this is THE BEST BEEF stew we've ever made.*

SERVES 4 PEOPLE  
PREPARATION: 30 MINUTES

### BRAISED BEEF STEW

500 g beef shanks  
2 tbsp olive oil  
2 cloves of garlic  
3 orange carrots  
2 yellow carrots  
3 large onions, peeled  
1 celery stick, cut on chunks  
2 sprigs of parsley  
1 sprig of thyme  
1/2 small leek  
250 ml red wine  
1 bay leaf  
1 tsp dijon mustard

### FLUFFY DUMPLINGS

70 g butter, softened  
30 g brioche bread  
130 g all - purpose flour  
1 handful of parsley, chopped  
1 tsp baking soda

### TOOLS AND EQUIPEMENT

casserole pot  
plate  
bowl

### MEAT

Heat 1 tablespoon of olive oil in a large casserole pot and pan fry the beef on all sides for about 2 - 3 minutes on each side. Peel the carrots and cut them on large chunks. Transfer the browned meat to a plate. Add another teaspoon of olive oil into a casserole pot. Add the carrots, onions (cut on quarters) and garlic. Fry for about 10 minutes on low heat.

### COOK

Add the celery, parsley, thyme and leek. Increase the heat, add the red wine and bay leaf. Cook for about 5 minutes. Lower the heat, add the meat and 250ml of water. Cover with a lid and cook for about 3 - 4 hours on the lowest heat. Be careful the stew doesn't start to boil, it should slowly simmer.

### DUMPLINGS

Fifteen minutes before the end of the cooking time, prepare the dumplings. Rub the butter and flour together in a bowl until resembling fine breadcrumbs. Mix in brioche bread (cut on very small chunks), chopped parsley, baking soda and 3 - 4 tablespoons of water. Season with sea salt and ground black pepper. Bring the mixture together until you have a dough. Knead slightly, before forming into 8 small dumplings.

### SEASON TO TASTE

When the stew is cooked, transfer the meat to a plate and shred it on small pieces, using forks. Transfer most of the cooked vegetables to a blender and blend into a puree. Transfer the puree and shredded beef back to the casserole, add the dijon mustard and season with sea salt and ground black pepper.

### SERVE

Arrange the dumplings around the edge of the casserole. Cook for another 20 minutes on low heat. Serve, bon appetite.

