



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.

