



Guinness stew with dumplings

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### Genius !

#### Serves 2

olive oil  
2 sticks of celery, chopped  
handful of baby onions, skins removed  
2 cloves of garlic, chopped  
350g/12oz stewing beef  
1/2 bay leaf  
1 tablespoon of plain flour  
2 tablespoons of tomato puree  
300ml/11fl oz Guinness  
300ml/11fl oz of beef stock

a sprig of thyme  
sea salt and freshly ground black pepper  
a small handful of baby carrots, trimmed and washed  
100g/3 1/2oz self-raising flour  
50g/1 3/4oz suet  
a pinch of ground nutmeg  
1 sprig of fresh rosemary, leaves picked  
zest of 1 orange

Preheat your oven to 180°C/350°F/gas 4.

Heat your TEFAL pan and add a splash of olive oil. Add the chopped celery, the baby onions and the garlic and fry for 5 minutes. Then add the beef and fry until browned. Then add the flour and the tomato puree, and cook for about a minute stirring all the time so that it doesn't catch.

Add the Guinness, the stock, the bay leaf and the thyme and bring to the boil. Season with sea salt and pepper, cover with a lid and place in the preheated oven.

After 45 minutes, add the baby carrots to the pan, cover and return to the oven for 1/2 an hour.

Mix the flour with the suet, nutmeg, some salt and pepper and 1 sprig of chopped rosemary. Add just enough water to make a dough and knead briefly. Roll little gobbler-sized pieces of dough with your hands.

Add the dumplings to the pan, cover with a circle of greaseproof paper and the lid and return it to the oven for another 40 minutes.

Finely chop the orange zest and the leaves from the rosemary, and when the dumplings are puffy and cooked, serve in deep bowls with the orange and rosemary gremolata sprinkled on top.

**Jamie Oliver**  
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