

# STEAK STEW *with* STILTON DUMPLINGS

The Bell Inn, Stilton, England

**Yield:** 6 servings

## *method*

- Preheat oven to 350° F.
- Heat oil over medium-high heat in a large Dutch oven; add steak and cook until lightly browned. Whisk together flour, beef stock, and Guinness® and pour over steak. Stir well.
- Add remaining ingredients and cover. Bake for approximately 2 hours. Meanwhile, prepare Stilton dumplings (recipe below).
- Remove stew from oven and remove bay leaves from stew; place Stilton Dumplings on top of stew, and bake (covered) for an additional 15 – 20 minutes until dumplings are firm and cooked. Season with salt and pepper.
- For service, place stew in individual serving bowls and top with additional **Mendham Stilton**.

## **Stilton Dumplings**

- Combine first four ingredients in a food processor and process for 10 – 15 seconds. Add 1 tablespoon of water to mixture, and process for an additional 10 seconds. Continue adding water and processing for 10 seconds until ingredients come together into a dough.
- Mold dough into 15 – 20 small round dumplings.

## *ingredients*

- 2 tablespoons cooking oil
- 1½ pounds boneless chuck or sirloin, cut into ¾" – 1" chunks
- 1 cup all-purpose flour
- 3 cups beef stock
- 1 pint Guinness®
- 10 ounces carrots, peeled and sliced
- 10 ounces new potatoes, halved
- ½ pound parsnips, peeled and sliced
- 8 ounces button mushrooms
- 2 stalks celery, sliced
- 1 medium yellow onion, chopped
- 1 leek, halved, cleaned, and thinly sliced
- 2 cloves garlic, minced
- 1 tablespoon fresh rosemary, finely chopped
- 1 tablespoon parsley, finely chopped
- 2 bay leaves
- Salt and pepper, to taste

## **Stilton Dumplings**

- 7 ounces **Mendham Stilton**, crumbled (plus additional to garnish)
- 2 cups self-rising flour
- 7 ounces shortening
- 1 teaspoon salt
- Cold water as needed