

Gluten Free Slow Cooker Beef Stew & Dumplings

Ingredients

For The Stew

- 500g Stewing Beef, Cut Into 1cm Strips
- 1½ Tbsp Gluten-Free Plain Flour Or Cornflour
- 1 Tsp Vegetable Oil
- 2 Carrots, Chopped Into 1cm Rounds
- 2 Parsnips, Chopped Into 1cm Rounds
- 1 Onion, Finely Chopped
- 1 Tsp Dried Thyme
- ½ Tsp Dried Rosemary
- 1 Tsp Dijon Or Wholegrain Mustard
- 1 Tbsp Tomato Puree
- 450ml Gluten-Free Beef Stock



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Ingredients


- 2 Dried Bay Leaves
- 1 Tsp Cornflour Mixed With 2 Tsp Water (Optional)
- Salt & Freshly Ground Black Pepper
- Mashed Potato, To Serve (Optional)

For The Dumplings

- 150g Gluten-Free Plain Flour
- 1½ Tsp Gluten-Free Baking Powder
- 2 Tbsp Dried Thyme
- 75g Butter, Cold & Grated
- Salt & Freshly Ground Black Pepper




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Method

- Coat the beef in the flour. Heat the oil in a frying pan over a medium heat and then add the beef, cooking until evenly browned. Once browned, transfer the beef into the slow cooker.
- Add the carrots, parsnips, onion, thyme, rosemary, mustard and tomato puree into the slow cooker and give it a good stir. Season with salt and pepper, then add the stock and bay leaves and give it a final mix.
- Put the slow cooker on high for approximately 4-5 hours or low for 6-8 hours.


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Method

- The dumplings will go into the slow cooker for the final 45-60 minutes (45 if set to a high heat or 60 if set to a low heat) so prepare them a little while before they need to go in. In a medium bowl mix together the flour, baking powder, thyme, and season with salt and pepper. Add in the cold grated butter and stir through, then gradually add 100ml/3½fl oz of cold water and mix until a sticky dough forms.
- Roll the mixture into 6 equally sized dumplings – it will be sticky so make sure your hands are well-floured.

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Method

- Remove the lid from the slow cooker 45-60 minutes before the end of cooking and give the stew a good stir. If you feel the stew is a little thin then add in the cornflour slurry, mixing as you do so. Arrange the dumplings over the stew, submerging them so that just the tops are visible.
- Place a clean tea towel over the slow cooker before putting the lid on - this helps the dumplings to puff up. Continue cooking for the final 45-60 minutes.
- Serve the stew on its own or with mashed potato.