

BEEF STEW WITH DUMPLINGS

6 to 8 servings

This is one of our favorite meals. In the wintertime there is nothing better. If you have never put dumplings in your stew, you must try it. I think you will end up loving this stew as much as we do.

CAN DO AHEAD

This stew may be cooked ahead of time. Refrigerate. Reheat stew and cook dumplings right before serving.



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| 2 | tablespoons canola oil | 6 | carrots, peeled, quartered cross-wise, then halved lengthwise |
| 1½ | pounds beef sirloin, cut into 1½-inch cubes | 4 | medium russet potatoes, peeled and quartered |
| 6 | cups hot water, divided | 1 | (15-ounce) can corn, undrained |
| 2 | teaspoons Worcestershire sauce | ½ | cup all-purpose flour |
| 2 | garlic cloves, minced | ½ | cup cold water |
| 1/2 | medium onion, chopped | DUMPLINGS: | |
| 3 | bay leaves | 1 | cup all-purpose flour |
| 1 | tablespoon salt | 2 | teaspoons baking powder |
| 2 | teaspoons sugar | ½ | teaspoon salt |
| 1 | teaspoon ground black pepper | ½ | cup milk |
| 1 | teaspoon paprika | 2 | tablespoons canola oil |
| 1/4 | teaspoon ground cloves | | |

- Heat the oil in a Dutch oven or large, heavy-bottomed pot over medium heat. Thoroughly brown the meat, turning often with a wooden spoon. The meat should almost stick to the pan but not be burned.
- Pour 4 cups of the hot water into the pot. Add the Worcestershire sauce, garlic, onion, bay leaves, salt, sugar, pepper, paprika, and cloves. Bring to a boil. Decrease the heat, cover, and simmer for 1 ½ hours, stirring occasionally to keep the ingredients from sticking. Remove the bay leaves.
- Add the carrots, potatoes, corn, and the remaining 2 cups of hot water to the stew. Bring to a boil, decrease the heat, cover, and cook until the vegetables are almost done, 20 to 30 minutes.
- Meanwhile, make the dumplings: Combine the dry ingredients in a small bowl. In a glass measuring cup, combine the milk and oil and then add this all at once to the flour mixture. Stir just until moistened.
- Make a paste of the ½ cup flour and the cold water in a small bowl; stir until smooth. Pour into the stew and stir with a wooden spoon to thicken the stew, about 2 minutes. If you like stew with more liquid, add water to make the desired consistency.
- Drop the dumpling dough by teaspoonfuls on top of the bubbling stew. (You'll have about 14 dumplings.) Decrease the heat, cover, and simmer about 10 minutes or until the vegetables are done. Serve immediately.

Serve the stew with a salad.

Variation: Omit the dumplings and cook the stew in a slow cooker on medium heat 4 to 5 hours. Serve with hot rolls or corn bread.