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Mince and Dumplings – a traditional North East dish

Ingredients

For the mince

- 2 tablespoon sunflower oil
- 1 large onion, thinly sliced
- 2 garlic cloves, finely chopped
- 2 celery sticks, peeled and finely sliced
- 2 medium carrots, diced
- 500g beef mince
- 1 x 400g can chopped tomatoes
- 2 tablespoons tomato purée
- 350ml beef stock
- 150ml red wine (optional)
- A pinch of sugar
- 1 bay leaf
- salt and freshly ground black pepper

For the dumplings

- 250g self-raising flour, plus extra for rolling
- 125g shredded beef suet
- ½ teaspoon of salt
- 2 tablespoon chopped fresh parsley

Method

1. Heat the oil in a large saucepan and cook the onion, garlic, celery and carrots for 15 minutes, stirring occasionally until soft and pale golden-brown.
2. Add the mince and cook for a further five minutes.
3. Add the tomatoes, tomato purée, beef stock, red wine, sugar and bay leaf. Add a good pinch of salt and freshly ground black pepper. Bring to the boil, then reduce the heat and simmer gently for 20 minutes, stirring occasionally.
4. For the dumplings, put the flour in a bowl and stir in the suet, salt and parsley. Make a well in the centre and add enough cold water - you'll need around 200ml - to mix to a soft, spongy dough. Use lightly floured hands to roll into 12 small balls.
5. Place the dumplings carefully on top of the mince. Cover with a tight-fitting lid and cook over a medium heat for 18-20 minutes, or until the dumplings are cooked through and well risen.

Serve with mashed potato and vegetables.