

Peppered mushroom & Stilton stew with herb dumplings



(Serves 2)

1 onion, sliced
500g chestnut or white mushrooms, halved
2 tablespoons vegetable oil
1 tablespoons tomato puree
2 tablespoons dark soy sauce
2 tablespoons green peppercorns in brine, drained
200ml vegetable stock
Salt and freshly ground black pepper
200g Stilton cheese, crumbled

200g Self Raising flour
100g vegetarian suet
Pinch salt
Chopped soft herbs (parsley, tarragon, dill, rosemary)
A little water to bind

Method

To make the dumplings mix all the dry ingredients, including the chopped herbs, in a mixing bowl; then add the water, just enough to bind the mixture.

To make the stew fry the onions in oil in a casserole pan until soft. Add the mushrooms and fry until they start to soften.

Add the tomato puree and cook for 5 minutes, then add the soy sauce, green peppercorns and stock. Bring to the boil, reduce the heat slightly and cook until the sauce has reduced by a half.

Season to taste, go easy on the salt as the Stilton is very salty.

Finally form the dumpling mix into golf-ball sized balls. Sprinkle the crumbled Stilton over the stew. Place the dumplings on top, put the lid on the pan and cook gently for 10 – 15 minutes. The dumplings will swell up and become fluffy when done.

If you are at home you can finish the stew in the oven. Take the lid off the casserole and pop it in the oven (180C/350F/ Gas 4) until the dumplings brown and crisp slightly.

Serve with buttery mash and garlic green beans.

Ingredients

Fresh ingredients

1 medium onion

500g chestnut or white mushrooms (chestnut have more flavor)

200g Stilton cheese

Fresh herbs of choice (parsley, tarragon, dill, rosemary – just one, not all)

Store cupboard ingredients

vegetable oil

tomato puree

dark soy sauce

green peppercorns in brine

vegetable stock cubes or powder

salt and black pepper

Self Raising flour

Suet (beef or vegetarian)

Equipment

If you are going to brown the dumplings in the oven you will need a steel, aluminum or cast-iron oven-proof casserole with a lid.

If not an ordinary pan with a lid will be fine.

Sharp knife and chopping board

Measuring jug

Measuring spoons or ordinary spoons

Medium mixing bowl

Kitchen scales

Wooden, silicon or plastic spoon/spatula