

More than 1 hour

Serves 6-8

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Ingredients:

- Salt and milled pepper
- 2kg lamb neck
- ¼ cup (60ml) cake flour
- 3 Tbsp (45ml) canola oil
- 2 onions, chopped
- 2 carrots, peeled and chopped
- 2 stalks celery, sliced
- 3 cloves garlic, finely chopped
- 2 Tbsp (30ml) tomato paste
- 1 tsp (5ml) brown sugar
- ½ cup (125ml) red wine (optional)
- 4 cups (1L) beef stock
- 2 bay leaves
- 2 Tbsp (30ml) chopped fresh parsley + extra for garnish

Herbed dumplings:

- 2 cups (500ml) cake flour
- 4 tsp (20ml) baking powder
- 2 tsp (10ml) sugar
- Salt and milled pepper
- 2 Tbsp (30ml) chopped fresh parsley
- 2 Tbsp (30ml) butter
- 1¾ cups (375ml) milk or buttermilk
- Green salad, for serving

Method

1. Generously season lamb and coat with flour.
2. Heat 2 Tbsp (30ml) oil in a large ovenproof pot and brown lamb in batches for 3-5 minutes per side.
3. Remove from pot.
4. Heat remaining oil and fry onion, carrot, celery and garlic for about 2-3 minutes or until golden.
5. Stir through tomato paste and sugar.
6. Cook for about 3-5 minutes.
7. Add wine and stir for about 5 minutes or until reduced by half, if using.
8. Add stock, bay leaves and return lamb to pot.
9. Cover and simmer over low heat for 40-45 minutes, stirring regularly.
10. Remove bay leaves, stir through parsley and season.
11. Preheat oven to 180°C.
12. For dumplings, combine dry ingredients and parsley.
13. Rub butter into dry ingredients using your fingertips.
14. Stir through milk or buttermilk to create a thick batter.
15. Drop tablespoonfuls of batter into the simmering stew.
16. Cover stew and bake for about 15 minutes or until dumplings are cooked through.
17. Serve stew with herbed dumplings and a green salad, if you like.

GOOD IDEA

Swap dumplings for a creamy herbed mashed potato, if you prefer.

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