

More than 1 hour

Serves 4

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Ingredients:

Stew:

- 2 Tbsp (30ml) canola oil
- 2 onions, chopped
- 2 carrots, peeled and chopped
- 2 cloves garlic, chopped
- 700g beef goulash
- 1 Tbsp (15ml) Marmite
- 1 cup (250ml) beef stock
- 1 cup (250ml) water
- 2-3 fresh or dried bay leaves
- Handful fresh coriander, chopped

Dumplings:

- 2 cups (500ml) cake flour
- 1 tsp (5ml) baking powder
- 1 cup (250ml) milk
- 1 cup (250ml) grated cheddar cheese
- Salt and milled pepper

### **COOK'S NOTE**

Remember to under season the stew as the Marmite itself is salty enough.

### Method:

1. Heat oil in a large pot and fry onion, carrots and garlic for 3-5 minutes.
2. Add meat and brown for about 5-7 minutes.
3. Whisk together Marmite, stock and water and add to pot.
4. Add bay leaves, cover and simmer for 30-35 minutes or until beef is tender.
5. Combine dumpling ingredients to create a dough.
6. Divide dough into 8 pieces and roll using your hands to create dumplings.
7. Place on top of stew, cover and simmer for 10-15 minutes or until cooked through.
8. Serve immediately.