

## Mince Casserole with Crunchy Dumplings

### Ingredients

#### For the Casserole

1 tablespoon oil  
500g minced beef  
1 onion  
2 carrots  
1 swede  
1tablespoon cornflour  
1 can oxtail soup  
1 tablespoon Hendersons Relish  
salt and cracked black pepper  
1 tbsp fresh chopped parsley

#### For the dumplings

175 g Self raising flour  
1/2 tsp baking powder  
1/2 tsp salt  
90g shredded suet  
1 tsp mixed herbs  
150ml cold water

### Method

1. Pre heat the oven to 170 gas 4/5
2. Heat the oil in a large pan and brown the mince.
3. Dice the onion, carrots and swede and sauté for 5 minutes.

4. Stir in the cornflour, the soup, the relish parsley and seasoning.
5. Bring to the boil, stirring, then transfer to the casserole dish and bake for 20 minutes.
6. Meanwhile, make the dumpling. Sift the flour with baking powder and salt. Mix in the suet and herbs and stir in the water to make a firm but slightly soft dough. You may not need all the water so add three quarters and then slowly add the rest. Knead lightly until smooth.
7. Shape the dough into 8 balls. Remove the casserole from the oven and drop the dumplings into the simmering stew. Re-place lid and bake 20 more minutes.
8. Remove the lid, return the casserole to the oven for 15 minutes so that the dumplings brown on top.