

## Beef goulash with dumplings

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### Ingredients

800g / 1 ¾ lb stewing beef, cut into cubes  
2 tbsp seasoned flour  
3 tbsp cold pressed rapeseed oil  
1 large onion, sliced  
2 red peppers, sliced  
1 clove garlic, crushed  
3 tsp sweet mild paprika  
650mls/ 1 pint beef stock  
2 tbsp tomato puree

*For the dumplings:*

170g/ 6oz self raising flour  
85g/ 3 oz suet  
pinch salt  
100-200 mls water



**Prep Time: 40 mins**

**Cooking Time: 2 hours 30 mins**

**Serves: 6**

### Method

1. Preheat the oven to 150C/Fan oven 130C/ gas mark 2.
2. Put the beef into a plastic bag and add the seasoned flour. Mix well to ensure the beef is covered with flour. Heat 2 tablespoons of oil in a large frying pan and brown the beef all over. Put into a casserole dish. Rinse out the pan with some of the stock and add to the casserole dish. Put another tablespoon of oil in the frying pan and add the onion and pepper. Cook over a medium heat for 10 minutes or beginning to soften.
3. Stir in the garlic and paprika and fry for a further minute. Add the stock and tomato puree and bring to the boil. Season with salt and pepper and pour over the beef. Cover and put in the oven for 2 hours.
4. Turn the oven up to 180C/Fan oven 160C/ gas mark 4. Sift the flour into a bowl and add the suet and salt. Add the water and mix to a soft dough. Shape into dumplings the size of a ping pong ball and drop into the goulash.
5. Cover with the lid and put back in the oven for 20 – 30 minutes or until the dumplings are risen and cooked.