

(Cormack) Beef Stew with Dumplings

Author: Adapted from a recipe from an old family friend, Ruth Cormack

**Carolyn T's
Cookbook**

Servings: 4



- 2 pounds beef stew meat, in one inch cubes**
 - 2 tablespoons olive oil**
 - 4 tablespoons flour, for dredging**
 - 1 cup mirepoix (diced onion, celery and carrots)**
 - 2 1/2 cups beef broth, or chicken broth**
 - 1 tablespoon fresh lemon juice**
 - 2 tablespoons Worcestershire sauce**
 - 2 cloves garlic, minced**
 - 1 whole bay leaf**
 - 1 teaspoon salt**
 - 1/2 teaspoon sugar, [or Splenda added at the end]**
 - 1/2 teaspoon ground allspice**
 - 3 whole carrots, halved**
 - 4 small onions, sliced**
 - 2 whole potatoes, quartered (optional)**
 - 1/4 cup Italian parsley, chopped**
 - 2 cups mushrooms, trimmed, halved**
- DUMPLINGS:**

- 1 cup Bisquick® baking mix**
- 6 tablespoons milk**

Serving Ideas: This is a complete meal, requiring nothing else, unless you'd like to serve a salad.

Categories: Beef

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

Per Serving (excluding unknown items): 778 Calories; 32g Fat (37.0% calories from fat); 62g Protein; 59g Carbohydrate; 6g Dietary Fiber; 128mg Cholesterol; 1931mg Sodium. Exchanges: 2 1/2 Grain(Starch); 8 Lean Meat; 3 Vegetable; 0 Fruit; 0 Non-Fat Milk; 2 1/2 Fat; 0 Other Carbohydrates.

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Notes: If using pressure cooker, cook meat, onions, seasonings for 20 minutes (end of step 3). Cool and open pressure cooker. Add carrots and bring back up to pressure again for about 5 minutes. Cool again, then add in mushrooms and parsley and push them below the broth surface. Add dumplings on top and proceed with the 10 minutes lid on (not pressure cooked), 10 minutes lid off.

Description: A savory, rich tasting stew with allspice, lemon juice and Worcestershire sauce.

1. Dredge meat in flour, seasoned with salt and pepper. Save the leftover flour. In a heavy Dutch oven, brown meat on several sides in a bit of olive oil. The more the meat caramelizes, the better tasting it will be. Do not crowd pan; you may have to do this in more than one batch, adding a bit more olive oil to the pan. Remove meat and set aside.
2. To the pan add the chopped mirepoix vegetables and all the sliced onions and saute for 2-3 minutes. Add the garlic for the last minute. Place meat back in the pan.
3. Add lemon juice, broth, Worcestershire, bay leaf, salt, and sugar. Cover and simmer for about 2 hours until meat is very tender.
4. Add the carrots and potatoes (if using) and continue cooking (lid on) for about 10 minutes. Add chopped parsley and mushrooms, which you can toss with the leftover flour mixture from the dredging (step 1) and stir in. Remove bay leaf if you can find it.
5. Mix Bisquick and milk together in a small bowl. Using a soup sized spoon, drop dollops (about 8) on top of vegetables. Cover and simmer for 10 minutes, then remove lid and continue cooking for another 10 minutes. Serve immediately.