



# BEEF & ROOT VEG CASSEROLE

*with dumplings*

## INGREDIENTS

### For the Casserole

500g packet of pre-prepared root vegetables  
500g braising steak (cubed)  
750ml water  
2 beef stock cubes  
1 tbsp Malt Extract

### For the dumplings

55g shredded beef or vegetable suet  
110g self-raising flour  
Pinch of salt  
Water (around 50ml) to bind  
1 tsp Malt Extract

## METHOD

### For the sauce

Heat a large non-stick frying pan and spray it with low fat cooking spray (olive oil may be used instead). Lightly coat the cubed braising steak in plain flour and fry gently, turning regularly, for five minutes. Transfer the braising steak to a casserole dish and add the root vegetables, water, crumbled stock cube and malt extract. Place the lid on the casserole dish and cook in the oven on a low heat (140°C) for 2 hours, remove lid and cook for 1 hour.

Prepare the dumplings in a large bowl; add the flour, malt extract, suet and a pinch of salt and the water – work the mixture with your hands, bringing together to a firm ball. Break this into four equal portions and roll into ball shapes. Remove the casserole from the oven and stir. Add the dumplings pushing them just below the surface and return the casserole to the oven. Leave for 30 minutes until the dumplings are cooked and serve.



Muntons make more than just malt. For example, Muntons are Europe's largest homebrew manufacturer, making beer and wine making kits that can be found in specialist homebrew shops, online and through some high street retailers.

**DID YOU KNOW?**



## **MALT...**

### *the undiscovered ingredient*

Using these recipe cards we will try to show you how this fascinating ingredient can bring improvements to virtually all of your cooking. In addition to the recipe featured, why not try adding a dessert spoonful of malt extract to any sauce you make; into your gravy or try using malt extract in place of half of the sugar called for in your baking recipes. We know you will be surprised by the difference this can make.

The key to this recipe is the generous tablespoon of malt extract, which brings real improvements. As malt extract is a natural flavour enhancer, it boosts flavours, making carrots more 'carroty', onions more 'oniony' and so on. And it makes your sauce richer, smoother and glossier.

For this recipe you will need to have a jar of malt extract to hand. Malt is made from barley, a cereal grown extensively in our region; it is made by sprouting the barley just enough to allow natural enzymes to be developed in the barley that can convert starch into sugar. At Muntons our malt extract is made by adding just water and heat – nothing else. We crush our malt and soak this in hot water to encourage the natural enzymes to convert the barley starch into sugars and then boil this to drive off most of the water leaving the sticky glossy syrup that you spoon from the jar. Jars of malt are available from health food shops and pharmacists.

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**Muntons**  
Passionate about malt