

# *Mince and Dumplings*

Family favourite from my Mother (modified à la Dave)

## INGREDIENTS

1 lb Ground beef (mince in Britain) we prefer 96/4 fat content.

Bisto gravy mix and Grands Homestyle Biscuits

16 oz can beef stock

Medium onion

4-6 Carrots



## DIRECTIONS

1. Chop onion into very small pieces (recommend food processor).
2. Slice peeled carrots and cook along with meat and onions in a couple of tablespoons of olive oil until the meat is brown.
3. Add beef stock (and a can of water), pepper and salt to taste, and bring back to boil.
4. Add Bisto granules while stirring constantly.
5. Open the biscuits and cut the whole stack in half and roll into ten dumplings.
6. Put in 4qt (9x13") Pyrex dish and drop dumplings on top. Cover with foil and cook at 450°F for 40 minutes or until dumplings are done.

Tip: Serve with [Dave's Internationally Famous Mash](#).

## Ingredients for Dumplings without Suet

- 400g Self R(a)ising Flour
- 200g Cold, Cubed Butter
- 6-7 tbsp water