

# *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

## **Ingredients for Dumplings with Suet**

- 225g Self R(a)ising Flour
- 100g Atora Beef Suet
- 150-175ml cold water

Combine the flour, suet and a good pinch each of salt and pepper. Make a well in the centre of the mixture and pour in water. Stir until you have a soft dough – add a splash more water if it's not coming together. Divide the dough into 12 pieces, then roll into small balls on a lightly floured surface.