

# Pot Of Carmichael Beef with Herby Dumplings

**Serves 4**

**Ingredients:**

- 450g Carmichael's round steak, cut into cubes
- Flour for tossing
- 1 onion, finely chopped
- Light pinch salt
- Freshly milled pepper
- 1 bottle Black Isle Organic Beer
- 100g button mushrooms
- A few sprigs thyme

**For dumplings**

- 2 cups Flour
- Light pinch salt
- Handful of chopped parsley
- 3 tsp Baking powder
- Approx 1 cup milk

**Method:**

1. Heat oil and sauté onion in a heavy based pan.
2. Meanwhile toss beef in seasoned flour – inside a freezer bag works well. Seal meat in pan – in batches if you have the time but it's not essential.
3. Pour over beer and stir to make sure there is no meat sticking to base of pan.
4. Add remaining ingredients.
5. Cover and transfer to a medium oven or simmer on the hob for 1hr. Top up with a little water if necessary to prevent drying out.

**To make herby dumplings:**

1. Mix dry ingredients in a bowl.
  2. Add milk, mixing with a knife until the dough comes cleanly away from the sides of the bowl – similar to a scone dough.
  3. Take a dessert spoonful and roll into a ball. Repeat with remaining mix.
  4. When beef is cooked, place in dumplings.
- Replace lid and steam for 10mins. Lift off lid for a further final 5mins cooking.