

Difficulty:

Easy



Time:

60 minutes



Minced beef and vegetable cobbler



Allergens: gluten, celery

What is it?

A cobbler or stew is a fantastic dish to use up lots of leftovers; veggies, potatoes, meat - anything goes! And topped with a freshly handmade dumpling, comfort food doesn't get much better than this!

**AVERAGE COST
PER PERSON
£1.95**

What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Minced beef	200g	300g	400g
Onion (diced)	1/2	1	1
Garlic clove	1	1	2
Peas	100g	150g	200g
Chopped tomatoes	150g	200g	250g
Mixed herbs	1/2 tsp	1 tsp	1 tsp
Worcester sauce	1 tbsp	2 tbsp	2 tbsp
Self raising flour	80g	120g	160g
Atora suet	30g	50g	70g
Plain flour	20g	30g	40g
Beef stock	1 tsp	1 tsp	2 tsp
New potatoes	7	10	13
Leeks	1	1	1

Kit list:

- Mixing bowl
- Frying pan
- Oven dish
- Kitchen foil

Make it your own!

You can adapt this recipe to include whatever you have in the fridge; switch up the meat or veggies to make the most of what you've got at home and save some pennies!

**Celebrate Family
Food**

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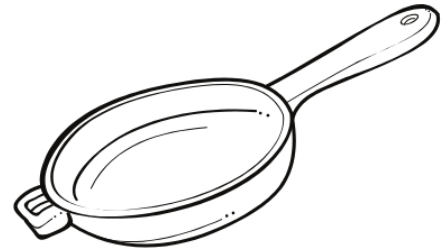


What to do:

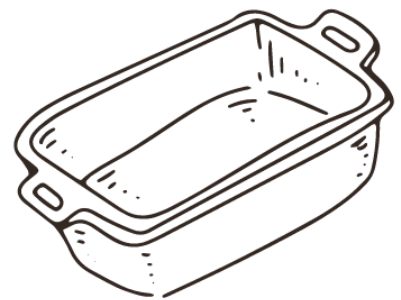
Step 1: Prepare the dumplings. Put the self raising flour and Atona suet in a bowl. Add a tablespoon of water and use your hands (wash them first!) to knead everything together. The dough should blend together so that you can make it into a ball shape. If it is too wet and sticky, add a little bit more flour. If it is too dry, add a tiny bit of water. Divide the mix into balls. Chill the balls in the fridge for later.



Step 2: Fry the mince, chopped garlic and diced onions in a frying pan with a little oil over a high heat. Stir frequently to break up large chunks of mince, until the meat has browned all over. Add the plain flour, Worcester sauce and chopped tomatoes and stir. Add the beef stock and the mixed herbs, and stir again to combine everything together. Turn the heat down and leave the mix to simmer, allowing all the flavours to blend.



Step 3: Add the peas, and transfer everything to an oven dish. Place your dumplings on top, just resting them in the juices of the meat mixture, not fully submerged. Cover the dish with a lid or some tin foil. Place in the oven at 160 degrees (gas mark 3) for around 20 minutes. Then remove the covering and cook for a further 10 minutes until the dumplings have plumped up and feel firm to the touch (you could check if they are cooked by slightly prying one open to ensure it is nice and fluffy in the middle).



Step 4: While the cobbler is cooking, slice up the leeks and fry in a pan over a gentle heat until they are cooked (soft to taste), around 10 minutes. Meanwhile, add the new potatoes to a saucepan with water and boil until they are cooked through (a knife inserted through the centre should slide right through). Drain the water ready to serve.



Serve: plate up a helping of new potatoes and leeks. Remove the cobbler from the oven and dish up a hearty serving, topped with your tasty dumplings. Tuck in and enjoy!

What did you think of this recipe? Colour in the stars to give it a rating!

