

# DARK STOUT LAMB AND DUMPLING STEW

*Serves 6*

## STEW:

4 Tbsp olive oil  
1-1/2 lbs **American Lamb** shoulder, diced  
2 Tbsp whole butter  
2 cups Cipollini onions, peeled  
16 small garlic cloves, peeled and trimmed  
5 heirloom carrots, peeled,  
cut into a roll cut 1/2 inch  
2 fresh bay leaves  
1/4 cup tomato paste  
2 Tbsp flour  
1-1/2 cup dark stout

1-1/2 cup diced, canned  
Italian plum tomatoes  
1 cup lamb jus  
2 celery stalks, peeled, medium diced  
Sea salt and freshly ground black pepper,  
to taste

## DUMPLINGS:

9 oz self-rising flour  
4 oz cold butter  
Sea salt and freshly ground black pepper,  
to taste

## FOR STEW:

- In a rondo pan over medium heat, add olive oil. Add lamb; sear in batches until brown and caramelized, adding oil if needed. Remove lamb and reserve. Add butter, onions, garlic, carrots and bay leaves. Cook 10 minutes. Add tomato paste and flour; cook 3 to 5 minutes. Deglaze pan with stout. Add tomatoes and lamb jus; stir and simmer for 3 to 5 minutes. Add reserved lamb and celery; bring to a simmer. Cover and cook at 325°F for 1-1/2 hours; remove lid; cook an additional 30 minutes.
- Season sauce with salt and pepper and simmer for 10 to 12 minutes.

## FOR DUMPLINGS:

- In a mixing bowl, add flour. Using a coarse grater, grate cold butter into the flour. Season with salt and pepper. Using fingers, gently rub butter into flour until it resembles bread crumbs. Add a splash of cold water to help bind it into dough. Divide into 12 pieces; gently roll each piece into a round dumpling.
- Place dumplings on top of fully cooked stew; press down lightly to slightly submerge. Bake at 325°F for 30 minutes.

