



## A Taste of Canadian Agriculture

### Beef stew with beer and dumplings

|                                     |                            |
|-------------------------------------|----------------------------|
| 20 pieces (4 oz. each / 115 g each) | top sirloin cap, portioned |
| 1/2 cup (125 mL)                    | canola oil                 |
| 2 cups (500 mL)                     | carrots, diced             |
| 2 cups (500 mL)                     | celery, diced              |
| 2 cups (500 mL)                     | onion, diced               |
| 2                                   | garlic cloves, minced      |
| 2                                   | bay leaves                 |
| 1/2 tsp (2.5 mL)                    | ground nutmeg              |
| 2 tsp (10 mL)                       | dried thyme                |
| 1 tsp (5 mL)                        | dried sage                 |
| 14 oz. (398 mL)                     | canned tomatoes, diced     |
| 16 oz. (500 mL)                     | Canadian beer              |
| 8 cups (2 L)                        | beef gravy                 |
| 2 cups (500 mL)                     | Yukon Gold potatoes, diced |
|                                     | salt and pepper to taste   |

### Dumplings

|                 |                       |
|-----------------|-----------------------|
| 11 oz. (325 mL) | milk                  |
| 4               | eggs                  |
| 5 oz. (140 g)   | butter                |
| 6 tbsp (90 mL)  | fresh chives, minced  |
| 1 cup (250 mL)  | fresh parsley, minced |
| 3 cups (750 mL) | flour                 |
| 8 tsp (40 mL)   | baking powder         |
| 1 tsp (5 mL)    | salt                  |

### Method (stew)

In an oven proof pan, season and sear the top sirloin on all sides in the oil, then set the meat aside. Lower the heat, and in the same pan, sauté the carrots, celery, onions, garlic, dried herbs and nutmeg for approximately 5 minutes. Add the canned tomatoes, bay leaves and beer; simmer for another 5 minutes. Return the top sirloin to the pan with the beef gravy and bring to the boil. Cover and braise in a moderate oven at 350°F (180°C) for approximately 1 1/2 hours or until the meat is tender. Add the potatoes 45 minutes into the braising process.

**Method (dumplings)**

In a small bowl, mix the milk, eggs, butter, chives and parsley. In a large bowl, sift the flour, baking powder and salt. Slowly incorporate the wet mixture into the flour mixture until well-blended. When 15 minutes remain in the braising process, drop spoon-sized dumplings into the stew and cook until fluffy and tender.

- Makes 10 servings

**NUTRITIONAL INFORMATION PER SERVING**

- 441 Calories; 22 g fat; 26 g protein; 28 g carbohydrate

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