

Garden-Fresh Beef Stew with Maple Dumplings

1 ½ tsp	salt	7 mL
½ tsp	cayenne pepper	2 mL
1 tsp	freshly ground black pepper	5 mL
2 tbsp	all purpose flour	25 mL
1 ½ lbs	lean stewing beef, cut in chunks	750 g
2 tbsp	vegetable oil	25 mL
1	clove garlic, minced	1
2	bay leaves	2
¼ cup	dark rum	50 mL
4	potatoes, peeled and cut in chunks	4
4	carrots, peeled and cut in chunks	4
1	small turnip, peeled and cut in chunks	1
2	parsnips, peeled and cut in chunks	2
2	onions, coarsely chopped	2
1	small green pepper, cut in strips	1

Dumplings:

2 cups	all purpose flour	500 mL
4 tsp	baking powder	20 mL
1/2 tsp	salt	2 mL
2 tbsp	shortening	25 mL
2/3 cup	milk	150 mL
1/3 cup	maple syrup	75 mL

In a small bowl, combine salt, peppers, and flour. Place flour mixture in a plastic bag, drop in pieces of stew meat, and shake well to coat. In a Dutch oven, heat oil, and brown beef on all sides. Add sufficient water to cover and bring to a boil. Reduce heat and add garlic, bay leaves, and rum and simmer for about 2 hours or until beef is almost tender. Add potatoes, carrots, turnips, parsnips, onion, and green pepper and continue to simmer until vegetables are tender - crisp.

Maple Dumplings: In a mixing bowl, combine flour, baking powder, and salt, then cut in shortening. Combine milk and maple syrup in a small bowl and gradually add to flour mixture, mix with a fork until batter is moist. Drop by spoonful onto top of cooked beef stew. Cover pot and simmer for 15 - 20 minutes, until dumplings are cooked through. Makes 6 - 8 servings.