

Rich vegan stew with 'cheezy' dumplings



A bold & hearty stew topped with light 'cheezy' dumplings. The sausages can be swapped out for 2 cans of lentils or beans of your choice. The coffee adds great richness & depth to the stew.

Servings: 4

Ingredients:

Stew

- 12 pickled onions
- 2 celery sticks
- 3 garlic cloves
- 6 sun-dried tomatoes
- 6 vegan/plant-based sausages, cut into chunks
 - Alternatively, you can use 2 cans of lentils, drained
- 300g chestnut mushrooms, halved
- 3 tbsp plain flour
- 250ml (1 cup) red wine
- 500ml (2 cups) vegetable stock
- 200g root vegetable of choice (celeriac, parsnip, carrot etc.)
- 2 sprigs of rosemary
- 2 sprigs of thyme

- 1 bay leaf
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- 1 bay leaf
- 2 tbsp soy sauce
- 1 tbs marmite, or miso paste
- 60ml (1/4 cup) black coffee

Dumplings

- 180g self-raising flour
- 70g vegan butter
- Splash of non-dairy milk
- 2 tbsp chia seeds, mixed with a dash of water
- 50g vegan cheese
- 1 tbsp chopped chives
- 1 tsp sea salt
- 2 tsp garlic granules

Method:

1. Pre-heat your oven to 180 degrees C.
2. Place a casserole dish over a medium heat and add a little oil.
3. When the pan is hot add the onions along with the garlic, celery, onions and mushrooms. Sauté the mixture for 2-3 minutes before adding the celeriac & vegan sausages.
4. Meanwhile chop the sun dried tomatoes then add them to the pan (reserving the rehydrating liquid) followed by the fresh thyme, rosemary, bay leaves and a sprinkle of salt and pepper. Keep stirring the mixture, so nothing catches.
5. Turn the heat down low, then stir in the plain flour. Cook out the flour for 2 minutes before deglazing the pan with the red wine or apple juice (for alcohol free). Let the wine bubble away for 2 minutes to cook off the alcohol then add the reserved liquid from rehydrating the tomatoes, vegetable stock, marmite, soy sauce, and coffee.
6. Let the stew bubble away for 10 minutes. Stirring every now and then.
7. Meanwhile, for the dumplings, in a mixing bowl, using your hands rub together the self-raising flour and butter until you have a breadcrumb like consistency. Add the vegan cheese, chia seeds, garlic granules, chives and a pinch of salt.
8. Bring the mixture together with a splash of non-dairy milk to form a ball of dough. Form the mixture into around 8 round dumplings.
9. Lay the dumplings on top of the stew neatly then place the dish into your oven for 30 minutes.
10. Serve the stew & dumplings with steamed vegetables.

Allergens:

1. Sesame
2. Soya