



# CHIPS Cookery Club

## Recipe – Turkey Stew with Dumplings

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### Ingredients Serves 2-3 people

200g turkey breast & leg meat	Dumplings
2 x carrots	125g self- raising flour
2 x parsnips	60g suet
½ swede	¼ tsp salt
1 turnip	½ tsp dried mixed herbs
½ leek	approx. 75ml cold water
1 chicken stock cube	
75g red lentils	

### Equipment needed

Chopping board	Measuring jug
Small cooks knife	Small bowl
Peeler	Wooden spoon
Measuring spoons	Dessert spoon
Saucepan with lid	Large plate



Cut the meat into 2 cm dice and place into a saucepan.



Peel and chop the carrots into small dice.



Add the stock cube to 500ml of boiling water. Mix together.



Peel the parsnips and cuts the ends off.



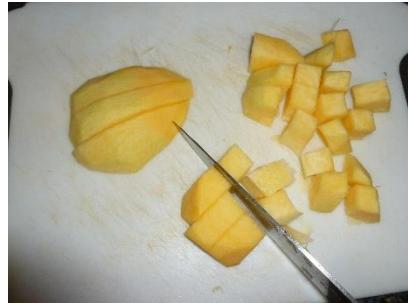
Add the stock to the meat and bring to the boil. Simmer whilst you prepare the vegetables.



Cut the parsnips in half. Lay flat on the board and cut into 1 cm strips. Turn and cut into dice.



Remove both ends from the turnip.



Cut each trip into 1cm lengths and then turn and cut into dice.



Lay flat on the board and remove the skin using a sharp knife.



Wash the leek and cut in half lengthways. Lay flat on the board and cut in half again. Turn and cut into 1 cm dice.



Slice into 1 cm strips. Cut each strip into 1 cm pieces then turn and cut into 1cm dice.



Add all the vegetables to the stew and add more water to just cover the vegetables. Add a lid and bring to the boil.



Remove both ends from the swede. Lay flat on the board and remove the skin using a sharp knife. Slice into 1cm strips.



Once the stew is boiling add the red lentils and stir. Turn down to simmer and cook for 30 minutes stirring from time to time.



Add  $\frac{1}{4}$  tsp salt to the flour.



Roll into a sausage shape. Cut into 4 cm strips and roll in your hands to form balls of dough.



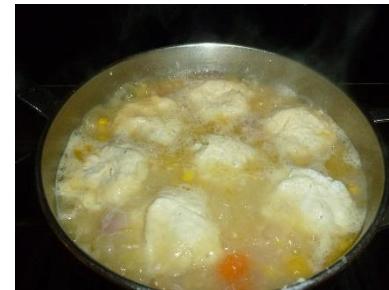
Add  $\frac{1}{2}$  tsp mixed herbs and mix together.



Sprinkle some flour on a plate and place on top until the stew is cooked.



Add the suet and stir.



Add to the stew and cover with a lid. Cook for 10 minutes without removing the lid.



Add the cold water and mix together to make a soft dough.



Serve in a bowl and eat with green vegetables.



Turn onto a clean surface and form into a ball.

You can substitute the turkey for cheaper cuts of beef or lamb to make a richer stew. The meat will need to be cooked for at least 90 minutes until tender before adding the dumplings.

You can use vegetarian suet or add butter or marg to the flour to make vegetarian norfolk dumplings.

