



Minced beef & Dumplings

The minced beef

8 ounces of minced beef.
1 onion Chopped
2 Bovril cubes
1/2 a table spoon of Juvela flour mix
1/2 a pint of water
A desert spoon of cooking oil

Heat the meat in a frying pan, stirring until it is fully separated, then add the onion and simmer for about 15 minutes (Covered)
Add the flour to form a roux.

Meanwhile, dissolve the Bovril cubes in the water in a separate pan, bring to the boil and pour into the meat stirring well
Return the mix to the pan, cover and simmer for 30 minutes. Reserve

The dumplings

3 ounces of Juvela flour mix
One and a half ounces of suet
1/4 of a tea spoon of bicarbonate of soda
1/4 of a tea spoon of cream of Tartar
1/4 of tea spoon of salt
Water to mix

Mix all the dry ingredients, then add water until a handleable dough is obtained. Form this into about 10 balls

Sieve the meat and place it in a casserole dish with about 1/3 of the liquid, and arrange the dumplings evenly on top of the meat

Cook at Mark 6 in the top of the oven for 30 minutes until nicely browned. Reheat the remaining gravy when ready to eat
Serve with boiled potatoes and a green vegetable .Serves 2 -3 people



This recipe has been brought to you by The Cream Of Tartar Company Limited

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