

Lamb Curry and Herby Dumplings

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Lamb Curry and Herby Dumplings recipe

Ingredients & Quantities

- 320g of Diced Mutton
- 90g of TVP Chunks
- 70g of Onions
- 10g of Curry Powder
- 15g of Tomato Puree
- 1tspn of Sugar
- Pinch of Mixed Herbs
- 360ml of Oxo Stock
- Seasoning to taste
- 15g of Plain Flour

Dumplings

- 270g of Self Raising Flour
- 1/2tspn of Mixed Herbs
- 1/2tspn of Salt
- 70g of Frozen Margarine
- 70g of Frozen Lard
- 147ml of Water

Method

1. Soak the TVP.
2. Chop the prepared onions and fry both the meat and onions. Transfer in to an oven proof dish with the TVP.
3. Add the curry powder, mixed herbs, sugar, tomato puree and seasoning to the Oxo stock. Mix well and thicken with the blended flour.
4. Pour over the meat, stir, cover and cook in a moderate oven for 1.5 hours.
5. **Dumplings:** Grate the frozen fats and mix together with the flour, salt and herbs.
6. Add the water and mix to form a dough.
7. Portion and shape.
8. Drop the dumplings in to the simmering curry, cover with a lid and cook for a further 20 mins.