

# MINCE AND DUMPLINGS - a traditional North East dish

## Ingredients

### For the mince

- 2 tablespoon sunflower oil
- 1 large onion, thinly sliced
- 2 garlic cloves, finely chopped
- 2 celery sticks, peeled and finely sliced
- 2 medium carrots, diced
- 500g beef mince
- 1 x 400g can chopped tomatoes
- 2 tablespoons tomato purée
- 350ml beef stock
- 150ml red wine (optional)
- A pinch of sugar
- 1 bay leaf
- salt and freshly ground black pepper

### For the dumplings

- 250g self-raising flour, plus extra for rolling
- 125g shredded beef suet
- $\frac{1}{2}$  teaspoon of salt
- 2 tablespoon chopped fresh parsley

## Method

1. Heat the oil in a large saucepan and cook the onion, garlic, celery and carrots for 15 minutes, stirring occasionally until soft and pale golden-brown.
2. Add the mince and cook for a further five minutes.
3. Add the tomatoes, tomato purée, beef stock, red wine, sugar and bay leaf. Add a good pinch of salt and freshly ground black pepper. Bring to the boil, then reduce the heat and simmer gently for 20 minutes, stirring occasionally.
4. For the dumplings, put the flour in a bowl and stir in the suet, salt and parsley. Make a well in the centre and add enough cold water - you'll need around 200ml - to mix to a soft, spongy dough. Use lightly floured hands to roll into 12 small balls.
5. Place the dumplings carefully on top of the mince. Cover with a tight-fitting lid and cook over a medium heat for 18-20 minutes, or until the dumplings are cooked through and well risen.

Serve with mashed potato and vegetables.



# APPLE CRUMBLE - a traditional British dish

## Ingredients

### For the crumble

- 300g plain flour
- pinch of salt
- 175g brown sugar
- 200g unsalted butter at room temperature, cubed, plus a little extra for greasing the tin

### For the filling

- 450g apples, peeled, cored and cut into small pieces
- 50g brown sugar
- 1 tablespoon of plain flour
- 1 pinch of ground cinnamon



## Method

1. Preheat the oven to 180C. To make the crumble, place the flour, salt and sugar in a large bowl and mix well. Rub the butter into the flour mixture. Keep rubbing until the mixture looks like breadcrumbs.
2. Put the apple in a large bowl and sprinkle over the sugar, flour and cinnamon. Stir the mixture carefully.
3. Butter a 24cm ovenproof dish. Put the apple mixture into the bottom, then sprinkle the crumble mixture on top.
4. Bake in the oven for 40-45 minutes until the crumble is browned and the fruit mixture bubbling.
5. Serve with thick cream or custard.