



# Great School Food you can enjoy at home

## Recipe

## Dumplings



### Ingredients

#### Suet dumplings

100g self-raising flour  
(plus extra for rolling)

50g vegetable suet

1/2 tsp salt

6 tbsps. Cold water.

Makes 8 dumplings

#### Vegan dumplings

125g self-raising flour  
(plus extra for rolling)

1/2 tsp salt

1 tbsps. olive oil /sunflower oil

2/3 tbsps. cold water

Makes 6 dumplings

### Method

#### Suet dumplings

- 1) Place the flour, suet salt and water in to a bowl and gently stir together to form a soft dough.
- 2) With floured hands divide the dough into 8 and gently roll into balls place on top of your stew and cover, now place into the oven, 200°C/Gas mark 6 and cook for 20/25 minutes.

#### Vegan dumplings

- 1) Place the flour salt and oil into a bowl gently stir together, while gradually adding water to form a soft dough. With floured hands divide the dough into 6 and roll into balls, place on top of your stew and cover.
- 2) Place into the oven, 200°C/Gas mark 6 and cook for 25/30 minutes.

### Allergens

**Contains: Gluten**

### My Notes

**For some extra flavour why not add some mixed herbs or spices to your dumpling mix.**

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