



Granny Rita's Dumpling Stew

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic

By: Cuisine l'Angélique

PORTIONS: 12

PREPARATION: 20 MINUTES

COOKING: 1 HR

INGREDIENTS

- 908 g (2 lb) lean ground meat of your choice (pork, veal, beef)
- 1 yellow onion, finely chopped
- 3, 5 ml (3/4 tsp) salt
- 0.5 ml (1/8 tsp) pepper
- 5 ml (1 tsp) ground cinnamon
- 0.5 ml (1/8 tsp) ground cloves
- Olive oil, for cooking

Sauce

- 45 ml (3 tbsp) margarine
- 750 ml (3 cups) chicken stock
- 500 ml (2 cups) water
- 2 bay leaves
- 95 g (2/3 cup) all-purpose flour "La Merveilleuse", grilled *

PREPARATION

1. Preheat the oven to 230 °F (110 °C).
2. In a bowl, combine all the meatball ingredients, except the oil. Shape into meatballs of about 4 cm (1 1/2") in diameter (about 48 dumplings).
3. Place the meatballs on a baking sheet lined with parchment paper brushed with a little oil. Bake on the centre rack of the oven for 30 minutes.
4. In a large saucepan, melt margarine. Remove from heat and add toasted flour, stirring with a wooden spoon.
5. Add the chicken broth and water, stirring with a whisk to avoid lumps. Add the bay leaves and return to the heat.
6. Whisk the mixture to a boil over medium heat until the sauce begins to thicken.
7. Add the pre-cooked meatballs. As soon as the mixture comes to a boil again, cover and simmer over low heat for 20 minutes, stirring frequently to make sure the sauce does not stick to the bottom of the pan.



This recipe doubles easily and freezes very well. Why not get ahead of your holiday menu or stock up for future meals?

VARIATION

You can add cooked and boneless pork legs to your stew once it is cooked. You'll have a leg stew with dumplings!

* Grilled flour:

Put the desired amount of flour in a cast iron pan over low heat. Stir constantly with a wooden spoon until the flour becomes a nice brownish colour (about 15 minutes). Don't set the heat too high, because the flour will burn, which affects the taste.