



## Recipe From Phyllis' Kitchen



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### WINTER VEGETABLE STEW WITH DUMPLINGS

- 1 ½ tablespoons butter
- 1 small onion, chopped
- 3 cloves garlic, peeled and minced
- 1 ½ teaspoons curry powder
- 4 cups vegetable or chicken broth
- 2 medium carrots, sliced
- 2 large parsnips, peeled and sliced
- 1 small celery root, peeled and cut into ¼" cubes
- 1 medium sweet potato, peeled and cut into ½" cubes
- 3 tablespoons flour
- Salt & pepper to taste
- 1 tablespoon minced parsley

#### **Dumplings:**

- 1 cup all-purpose or soft wheat pastry flour
- 1 ½ teaspoons baking powder
- ¾ teaspoon salt
- ½ teaspoon mace (optional)
- 2 tablespoons cold butter
- ¼ cup dried currants
- 6 tablespoons milk

Saute onion in butter for 3 minutes; add garlic and curry powder, stirring for 30 seconds. Add broth, carrots and parsnips. Bring to a boil and simmer for about 15 minutes. Add cubed celery root, sweet potatoes and parsley, and simmer 10 more minutes, until all vegetables are tender. Make a paste from the 3 tablespoons flour, using the liquid from the stew. Stir into the stew and cook for 3-5 minutes, stirring often.

To make dumplings, combine flour, baking powder, salt and mace. Cut butter into the flour with a pastry blender until the mixture looks like small peas. Add currants and most of the milk, adding only as much as is absorbed by the flour. Stir just until the milk is absorbed, then roll or pat out onto a floured surface. Cut the dumplings into one-inch pieces. Drop the dumplings onto the top of the stew and cover. Continue to simmer for 15 minutes. Serve both vegetables and dumplings in each bowl. Serves 4-6.