



PEARL BARLEY & VEGETABLE STEW

WITH DUMPLINGS

In the 1930s the new council houses had gardens and people were encouraged to grow their own fruit and vegetables. Stews used seasonal vegetables and were cheap, filling and nutritious.

Ingredients

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 2 leeks, chopped
- 1 parsnip, chopped
- 2 large carrots, chopped
- 2 potatoes, chopped
- 50g either spinach, cabbage or kale, chopped
- 40g pearl barley
- handful of red lentils

- 1 litre vegetable stock
- 1 bay leaf
- 3 sprigs thyme
- handful of parsley
- salt and pepper

Dumplings:

- 200g self-raising flour
- 110g shredded vegetable suet
- salt and pepper
- 2 tablespoon finely chopped fresh parsley
- cold water to bind

Method

1. Heat the oil in a large saucepan on a medium heat. Gently sweat the onions until soft then add the leeks, carrots and parsnips. Cook for a little until soft then add the pearl barley, lentils, stock, bay leaf, thyme and seasoning.
2. Bring to the boil then gently simmer for 45 minutes until the barley is cooked.
3. Meanwhile, make the dumplings. Weigh out the flour and suet into a

4. bowl and add some salt and pepper.
4. Add the parsley to the flour and suet. Stir to combine.
5. Add enough cold water to make a soft but not too sticky dough.
6. Shape into 12 balls.
7. After 45 minutes, add the greens, a handful of chopped parsley and dumplings. Add more stock if it's looking dry.
8. Cover with a lid and cook for another 20-25 minutes. The dumplings should have increased in size and springy to the touch.