



## Rich pork stew and dumplings

A hearty warming stew which is great with some nice greens and mashed potato.

Serves 4-6

extra virgin olive oil  
1kg/2 $\frac{1}{4}$ lb shoulder of pork, cut into large cubes  
handful of plain flour  
sea salt and freshly ground black pepper  
8 rashers of smoked streaky bacon, cut into pieces  
2 cloves of garlic, sliced  
2 small onions, sliced  
2 sprigs of fresh rosemary  
small bunch of fresh sage  
8 sundried tomatoes in oil, pureed in a food processor

600ml/1 pint dry cider  
4 carrots, peeled and cut into 2"/5cm pieces  
2 parsnips, peeled and quartered lengthways  
125ml/4fl oz chicken stock  
a small bunch of parsley

**Dumplings:**

170g/6oz self raising flour  
85g/3oz butter  
sea salt and pepper  
2 sprigs of rosemary, leaves removed and finely chopped

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by **TEFAL**

Preheat your oven to 190°C / 375°F / gas 5.

Season your flour with sea salt and pepper. Toss your pork cubes in it and shake off the excess. Heat your TEFAL stew pot and add a good glug of olive oil. Add the pork, in two batches, and brown well all over, then remove to a plate.

Add the bacon to the pan, with a splash more oil, and fry gently until browned. Turn the heat down and add the garlic and onion and cook covered with the lid on until softened. Add the sage and the rosemary, and cook for a minute uncovered.

Return the pork to the pan, and add the pureed sun dried tomatoes and cook for a minute, then add the cider and cook on high for a couple of minutes. Then add the parsnips, carrots and stock. Bring to the boil then cover with a lid and simmer for about 40 minutes.

Meanwhile, make the dumplings by rubbing in the flour with the butter until you have what resembles fine breadcrumbs. Add the rosemary, plenty of sea salt and freshly ground black pepper and just enough water to make it into a dough. Pick small pieces and roll them into sizes of squash balls, and put to one side.

Remove the lid from the pork, taste and correct the seasoning, and then pop the dumplings in the pan. Give them a poke so they are submerged in the liquid, place the lid back on and cook in the oven for 40 minutes, removing the lid 15 minutes before the end of cooking. Serve with roughly chopped parsley sprinkled on.