

# CHEVON CASSEROLE WITH PARMESAN DUMPLINGS



*By Food lovers recipes*

## CHEVON CASSEROLE WITH PARMESAN DUMPLINGS

Die casserole kan met bees of skaapvleis ook gemaak word. Dit is regtig die beste op 'n koue aand en die Parmesan dumplings gee daardie ekstra geur aan die dis. Ek sal dit verseker weer maak , dit was HEERLIK!

½ cup plain flour

salt and pepper

1 kg goat meat cut into chunks (Shanks and ribs)

1/3 cup vegetable oil

2 onions, sliced

4 carrots, peeled, chopped

100 gram green beans, sliced

2 cloves garlic, crushed

1 knob of ginger, crushed

2 tbs tomato paste

400 g canned diced tomato

2 cups beef stock

5 ml thyme

3 bay leaves

Dumplings:

2 cups self-raising flour

50 g cold butter, grated

$\frac{1}{2}$  cup Parmesan cheese, grated

a pinch of salt

$\frac{3}{4}$  cup milk

In a bowl, mix the flour, salt and pepper. Toss the goat in the flour to coat.

Heat the oil in a pan and seal the goat in small batches, then set aside.

Preheat the oven to 150°C.

Add the onion to the same pan with the carrots, green beans, garlic, ginger and tomato paste. Cook for 5-6 minutes.

Pour the beef stock and tinned tomatoes into the pan and deglaze, making sure you lift all the flavored bits off the bottom of the pan.

Return the goat to the pan, stir in the thyme and bay leaves. Return the pan to the boil and pour the contents into a lidded casserole dish.

Place the casserole in the oven and cook for 2 and a half hours or until meat is tender, keep an eye on the liquid and add some water if necessary.

To make the dumplings, place the flour in a bowl and rub the butter into the flour lightly. Stir in the parmesan cheese and mix in the milk to form a dough. Do not overwork the dough.

Roll the dough into 2 cm balls and place on a plate covered with cling wrap until the casserole is removed from the oven.

Place the dumplings on top of the casserole and return to the oven uncovered. Bake for 20 minutes at 180 °C.

Photo and Recipe: Elize de Kock