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A delicious SPARTA Beef **Recipe**

Rump steak ragout with potato dumplings (4 portions)

Ingredients

- 600 g Rump tail, cubed
- 25 ml Olive oil
- 200 g Button onions
- 12.5 ml Flour
- 100 ml Red wine
- 1,5 lt Beef stock
- Bouquet garni (thyme, bay leaves, parsley shaped into a bouquet)
- 10 g Garlic, chopped
- Seasoning
- 30 g Walnuts, chopped
- 2 Celery sticks, julienne
- 10 g Butter
- 1 Orange, zest and juice
- 100 g Carrots, sliced
- 2,5 ml Nutmeg
- Potato dumplings**
- 1 kg Potatoes
- 2 Eggs
- 175 g Flour
- Salt and pepper
- 60 ml Oil

Preparation

1. Sauté the onions in hot oil in a pot.
2. Cover the cubed rump tail in flour, add to the onions and fry until golden brown.
3. Add the red wine, bouquet garni, orange, seasoning, stock, carrots and nutmeg.
4. Bring to boil and simmer for 2 - 3 hours over low heat.
5. Add the walnuts and celery at the end.
6. To prepare the potato dumplings, boil the potatoes until cooked, mash and leave to cool down.
7. Add the eggs, flour, salt and pepper to the mashed potato and mix through.
8. Shape the mashed potato into balls using two table spoons. Drop each ball into boiling water seasoned with salt and oil. When the balls come up to the surface, they are cooked.
9. Serve the ragout in a bowl and place the dumplings on top. 3 - 4 dumplings per dish.

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SPARTA Beef is available at the following outlets:

Bloemfontein	Welkom
Langenhoven Park Pick n Pay _____ 051 446 4108	SPARTA Mega Meat _____ 057 355 7546
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