

10. NYALA HEARTY BEEF STEW WITH MAIZE DUMPLINGS

INGREDIENTS:

Ingredients for the Maize Dumplings:

1.5 kg Nyala Super Maize Meal

1.5 kg Snowflake Cake Wheat Flour

20 tsp, about 6–7 tbsp Snowflake Baking Powder

300 ml margarine or butter

1.2 litres cold water, add gradually; you may need a bit more or less to get a soft dough

Salt to taste

Ingredients for the Stew:

8 kg beef stewing meat, chuck, brisket, or similar cuts, cut into bite-sized cubes

2 kg onions, chopped

2 kg carrots, peeled and sliced or chopped

Beef and onion soup powder, 10–15 standard packets, adjust to taste

20–30 litres hot water or beef stock, start with less; add more during cooking as needed for gravy consistency

Oil or fat for browning, about 500 ml –1 litre total

Optional extras for flavour: garlic , 20–30 cloves minced, bay leaves 10–15, fresh thyme/rosemary, black pepper, salt to taste

METHOD:

Method for the Dumplings :

- 1. Sift dry ingredients:** In very large bowls, sift together the Nyala Super Maize Meal, Snowflake Cake Wheat Flour, and baking powder.
- 2. Add fat:** Add salt to taste, then rub in the margarine or butter with your fingertips until the mixture resembles fine breadcrumbs.
- 3. Make dough:** Gradually add the cold water and mix gently to form a soft, slightly sticky dough. Do not overmix. Cover and set aside until the stew is ready for dumplings.

Method for the Stew:

- 1. Brown the beef:** Heat oil in very large heavy pots. Brown the beef cubes on all sides in batches, taking care not to overcrowd the pot. Remove and set aside.
- 2. Cook onions:** In the same pots, fry the chopped onions until soft and golden. Return the browned beef to the pots.
- 3. Add liquid and simmer:** Stir in the beef and onion soup powder, then add enough hot water or stock to just cover the meat. Bring to a boil, then reduce to a low simmer. Cover partially and cook for 1½–3 hours, stirring occasionally and adding more liquid if needed, until the meat is very tender.
- 4. Add vegetables:** Add the carrots and simmer for another 15–30 minutes until tender but not mushy. Taste and adjust seasoning as needed. The stew should have a rich, thick gravy.
- 5. Add dumplings:** Drop spoonfuls of dumpling dough onto the simmering stew, spacing them apart as they will expand.
- 6. Cook dumplings:** Cover tightly with lids and simmer gently for 10–20 minutes, until the dumplings are cooked through and fluffy.