

LIZ'S STATION COOKING
DECEMBER 2008

PINEAPPLE CASSEROLE & DUMPLINGS

Preparation time: 20 minutes at start, 10 minutes near end.

Cooking time: 3-4 hours

Total ingredients: 19

Cooking ability score: Easy

Enough for: 8 people



Place all the following ingredients into a very large heavy based saucepan, bring to boil, cover & simmer for around 3 hours, or until meat is tender.

- 3 Kg of diced meat, any cut
- 2 onions diced
- 4 carrots diced
- 1 cup celery diced
- 1 tin of corn kernals
- 1 x 800g tin tomatoes
- 2 tins crushed pineapple
- 2 teaspoons beef stock
- 1 big teaspoon paprika
- $\frac{1}{2}$ teaspoon ginger
- $\frac{1}{2}$ cup vinegar
- $\frac{1}{2}$ cup brown sugar
- $\frac{1}{2}$ cup sultanas
- pinch salt
- Enough water to cover all

When all above is tender & ready, in a large bowl use the ingredients below. Rub margarine into flour. Stir in cheese & parsley. Add eggs, and then gradually stir in milk until your hands are required to knead the dough.

- 4 cups SR Flour
- 200g margarine
- $\frac{1}{2}$ cup parsley
- $\frac{1}{2}$ cup grated cheese
- 1 cup milk
- May need extra milk for good dough texture

Preheat oven to 180C. Roll the dough flat, cut into scones, counting them so they can be arranged on top of the casserole neatly.

Thicken the casserole with a cornflour & water paste. Place into a very deep baking dish. Do not overfill the dish, recommend 2" clearance for scones to fit on top. Arrange scones on top. Brush lightly with milk. Cook in 190C oven for a further 10-15mins, or until scones are brown.