



Beef-Ale Stew and Green Onion-Buttermilk Dumplings

READY IN



270 min.

SERVINGS



8

CALORIES



511 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 24 oz ale
- 0.5 teaspoon baking soda
- 4 pounds beef chuck trimmed cut into 1 1/2-in. pieces
- 1 teaspoon pepper black freshly ground
- 4.5 tablespoons butter cold cut into small pieces
- 0.8 cup buttermilk
- 3 large carrots peeled halved lengthwise cut into 1-in. lengths
- 1 eggs

- 6 tablespoons flour all-purpose
- 0.5 cup green onions thinly sliced (green part only)
- 8 ounces mushrooms trimmed quartered
- 2 large onions thinly sliced
- 3.8 teaspoons salt
- 2 tablespoons vegetable oil

Equipment

- bowl
- frying pan
- whisk
- pot
- blender
- wooden spoon

Directions

- In a large bowl, toss beef with 3 tbsp. flour, 1 tsp. salt, and pepper. In a large pot over medium-high heat, heat 1 tbsp. vegetable oil.
- Add enough beef to pot to form a single layer (about 1/3 of beef), being careful not to overcrowd pot. Brown meat on all sides, about 7 minutes total per batch.
- Transfer to a large bowl and brown remaining beef in 2 batches. If meat or pan juices start to scorch, reduce heat.
- Add 1 bottle ale to pot, scraping up brown bits with a wooden spoon.
- Pour ale over reserved beef and return empty pot to medium-high heat.
- Add remaining tbsp. oil to pot.
- Add onions and 2 tsp. salt. Cook, stirring often, 2 minutes. Cover pot and reduce heat to low. Cook, stirring occasionally, until onions have a hint of gold color, about 20 minutes.
- Remove lid, raise heat to medium-high, stir in 3 tbsp. flour, and cook, stirring often, 3 minutes.
- Add mushrooms, reserved beef and ale, remaining bottle of ale, and carrots. Bring to a boil. Cover and lower heat to a gentle simmer. Cook, stirring occasionally, until beef is tender,

about 3 hours.

- About 40 minutes before serving, make dumplings: In a medium bowl, stir together remaining 2 cups flour, green onions, remaining 3/4 tsp. salt, and baking soda. Using a pastry blender or your fingers, work cold butter into flour mixture until it resembles cornmeal with some pea-size pieces. In another bowl, whisk together buttermilk and egg. Gently fold wet ingredients into dry, mixing until a very shaggy dough forms. If more liquid is needed, add additional buttermilk 1 tbsp. at a time. Gently form dough into 12 equal balls and drop into stew. Cover pot and cook 20 to 30 minutes, or until dumplings are fluffy and cooked through.
- Let sit 15 minutes before serving; stew will thicken as it cools.

Nutrition Facts

PROTEIN 43.99% **FAT 42.58%** **CARBS 13.43%**

Properties

Glycemic Index:45.79, Glycemic Load:6.63, Inflammation Score:-10, Nutrition Score:33.56869598057%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.35mg, Quercetin: 8.35mg, Quercetin: 8.35mg, Quercetin: 8.35mg Gallic acid: 0.07mg, Gallic acid: 0.07mg, Gallic acid: 0.07mg, Gallic acid: 0.07mg

Nutrients (% of daily need)

Calories: 511.03kcal (25.55%), Fat: 22.67g (34.87%), Saturated Fat: 10.32g (64.51%), Carbohydrates: 16.09g (5.36%), Net Carbohydrates: 14.03g (5.1%), Sugar: 4.72g (5.24%), Cholesterol: 180.48mg (60.16%), Sodium: 1416.34mg (61.58%), Alcohol: 3.32g (100%), Alcohol %: 0.92% (100%), Protein: 52.69g (105.38%), Vitamin A: 4838.67IU (96.77%), Vitamin B12: 5.27µg (87.91%), Zinc: 12.06mg (80.41%), Vitamin B3: 14.62mg (73.12%), Selenium: 47.38µg (67.69%), Phosphorus: 546.36mg (54.64%), Vitamin B6: 1.06mg (53.23%), Vitamin B2: 0.63mg (36.82%), Iron: 6.21mg (34.49%), Potassium: 1105.65mg (31.59%), Vitamin K: 24.65µg (23.47%), Vitamin B5: 2.25mg (22.46%), Magnesium: 70.55mg (17.64%), Copper: 0.32mg (16.14%), Vitamin B1: 0.22mg (14.42%), Folate: 51.8µg (12.95%), Manganese: 0.22mg (10.76%), Vitamin E: 1.4mg (9.32%), Fiber: 2.05g (8.22%), Calcium: 80.17mg (8.02%), Vitamin C: 6.14mg (7.44%), Vitamin D: 0.69µg (4.57%)