



Smoked Paprika Stew with Caraway Dumplings



Ingredients (serves 2)

For the stew:

- olive oil
- 1 medium onion, finely chopped
- 1 garlic clove, crushed and finely chopped
- 2 tbsp The Artisan Smokehouse Smoked Paprika
- 500ml water
- 2 medium carrots, peeled and cut into rings
- half tin tomatoes plus some of their juice
- 1 red sweet bell pepper or romero pepper, stalk and seeds removed and cut into strips
- 2 chicken breasts, skinless, boneless, cut into 2cm chunks
- salt and black pepper to taste

For the dumplings:

- 100g self raising flour
- 50g vegetarian suet
- 2 tsp caraway seeds
- pinch salt
- black pepper
- cold water to mix

Method

Take a heavy-based saucepan and pour in about a tablespoon of olive oil, place on the hob over a medium heat and add the onions and garlic and fry gently until soft and translucent.

Turn down the heat to very low and add the smoked paprika, stirring well to mix but don't allow to burn.

Pour in the water, add the tinned tomatoes and add the carrots and bring to the boil, turn down and simmer uncovered for about 10 minutes until the carrots are tender.

Add the red pepper and chicken and stir to mix well, continue to simmer for another 10 minutes or until the chicken is cooked through.

The liquid should have reduced slightly but if has started to dry out too much, just pour in a little boiling water to bring back to a creamy, but not runny consistency.

Season to taste with salt and black pepper.

Whilst it's bubbling away, make the dumplings.

In a bowl, add the flour, suet, baking powder, caraway seeds, salt and pepper and stir to combine, then add the cold water little by little mixing with a fork. The dough should come together without being too wet. On a floured surface, squeeze the dough together with your hands and divide into eight pieces.

Roll each of the pieces into a ball.

Add the dumplings to the stew. Drop them in and gently push them down with a spoon, so that they're completely covered by the sauce.

Replace the lid on the pan and continue to simmer gently for 10-15 minutes.

The dumplings are done when they increase in size rise to the surface.

Spoon the stew and dumplings into bowls and serve with a spoonful of plain yogurt over the top.