



Organic  
**HONEY DEW**  
Refreshing Golden Beer

## ORGANIC HONEY DEW LAMB STEW with pearl barley and dumplings



Serves 4-6

### Ingredients

- 1 litre Organic Honey Dew
- 1 kilo boneless neck of lamb
- 50g butter
- 50ml vegetable oil
- 2 medium onions, finely diced
- 2 bulbs of fennel, finely diced
- 4 sticks of celery, finely diced
- 4 carrots, peeled and chopped
- 1 bay leaf
- 1 sprig of thyme
- 7 parsley stalks
- 75g pearl barley

### For the dumplings

- 200g self-raising flour
- 100g shredded beef suet
- 100ml cold water
- 3 teaspoons of chopped fresh parsley and chives
- salt and pepper

*This light stew  
melts in the mouth and  
is best enjoyed with  
a glass of Honey Dew  
to gently refresh  
the palate.*

### Method

- Heat the butter and oil in a heavy-based pan gently sweat the onions, fennel and celery with a pinch of salt over a medium heat until they are soft and translucent.
- Meanwhile, cut the lamb into 3cm cubes and fry in hot oil until brown all over. Set aside to drain off the fat.
- When the vegetables are soft and sweet smelling, pour over the Organic Honey Dew and bring to the boil. Add the browned lamb pieces, the herbs tied in a bunch, carrot chunks and pearl barley.
- Cover and simmer gently for 1hr 30mins until the meat is tender.
- Meanwhile, make the dumplings by mixing together the flour, beef suet and cold water with a little salt and the chopped herbs to form a stiff paste and then roll into 2cm balls.
- Place the dumplings on top of the simmering stew for the final 10 - 15 minutes of cooking time.
- Serve in bowls with a generous spoonful of the cooking liquor.

